

Hip Abduction – Sitting with Theraband



Purpose: To strengthen outer hip muscles.

Position: Sit on a chair with slight curve in low back and abdominals tightened.
Tie theraband around thighs just above the knees.

Action: Move knees apart, pause, and then slowly allow knees to move together.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.