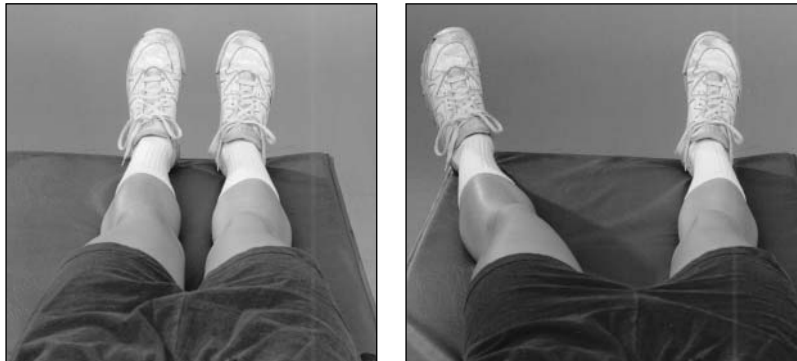


Hip Abduction and Adduction – Supine



Purpose: To strengthen inner thigh and hip muscles.

Position: Lie on back with:

- Legs straight and knees together.
- Knees bent and feet flat on floor.

Action:

- Keep knee straight and toes pointed up to ceiling. Slide leg out as far as possible and return to starting position.
- Keep feet side by side. Slowly lower knee toward table and return to starting position.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.