

Patient: Potash, Rob

Provider:

Usage:

Date:

1/29/2006

1. (280) Inner Thigh (Groin) Stretch: 3 reps, 5 sec hold, 2 sets



Kneel on one knee.



Keep front knee and ankle in line.



Lean forward and feel inner thigh stretch.

2. (83) Active Hip Adduction in Standing: 10 reps, 1 set



Stand next to a chair for balance.



Extend leg across un-involved side.



Keep knee straight and toes pointed forward.

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3. (81) Active Hip Abduction in Standing: 10 reps, 1 set



Stand next to a chair for balance.



Extend your leg out to the side.



Keep knee straight and toes pointed forward.

4. (109) Resisted Hip Adduction: 10 reps, 1 set



Place band between your ankle and table.



Bring your leg straight across.



Keep knee straight and toes pointed forward.