

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.

**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.