

PATIENT NAME _____

DATE _____

Exercise 1 — Four-Point Assisted Hip IR



Description: Secure TheraBand® CLX™ on foot of affected side. Position body on hands and knees. Grasp CLX™ with hand of same side to remove slack. Slowly rotate lower extremity outward into hip internal rotation.

Progression: Slide upper extremity further away from body, increasing CLX™ resistance.

#SETS _____ #REPS _____

Exercise 2 — Resisted Tall-to-Half Knee



Description: In a tall kneeling position, secure TheraBand® CLX™ around one ankle. Wrap CLX™ around the front of the body and secure around opposite ankle, crossing in back. Kneel in an upright position with neutral spine alignment. Progress lower extremity to a half-kneel position. Return to starting position. Repeat on opposite side.

#SETS _____ #REPS _____

Exercise 3 — Resisted Hip IR/ER



Description: Secure TheraBand® CLX™ and Door Anchor in door. Wrap CLX™ twice around waist. Standing on affected leg, rotate away from the door for resisted rotation. Control rotation toward door for assisted rotation. Repeat same motion facing opposite direction.

#SETS _____

#REPS _____



Exercise 4 — Monster Walk with CLX™ Progression



Description: Loop TheraBand® CLX™ around both ankles. Slightly bend knees and hips. Secure ends of CLX™ in each hand. Take three steps to the side while maintaining a straight back. Return to starting position and repeat.

Progression: Cross CLX™ behind legs and again in front of pelvis. Secure ends of CLX™ in each hand. Repeat lateral steps.



#SETS _____ #REPS _____

Exercise 5 — Four-Point Hip Extension



Description: Secure TheraBand® CLX™ on foot of affected side. Position body on hands and knees. Grasp CLX™ with hand of same side to remove slack. Slowly extend affected leg to be in line with trunk of body.

Progression: Bend knee of affected side and kick foot upward toward ceiling keeping spine in neutral position.



#SETS _____ #REPS _____

