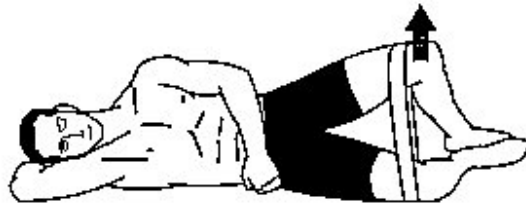
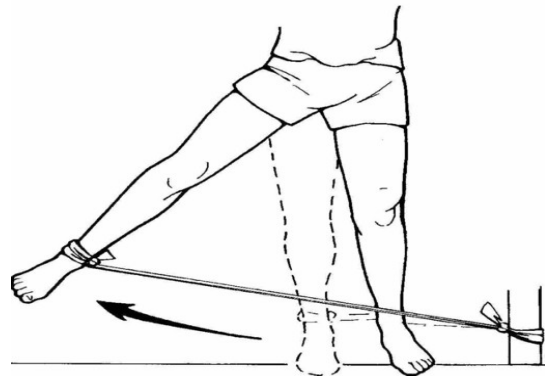
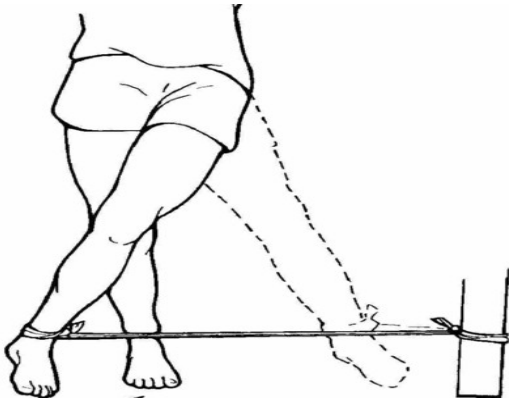
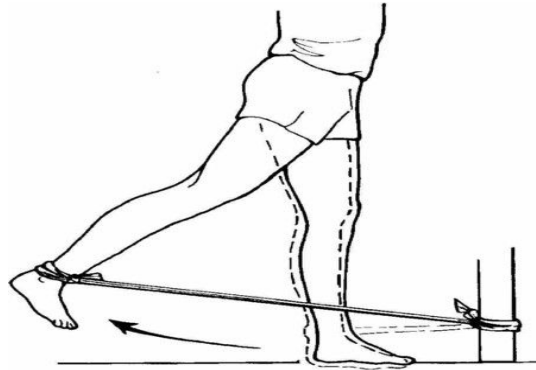
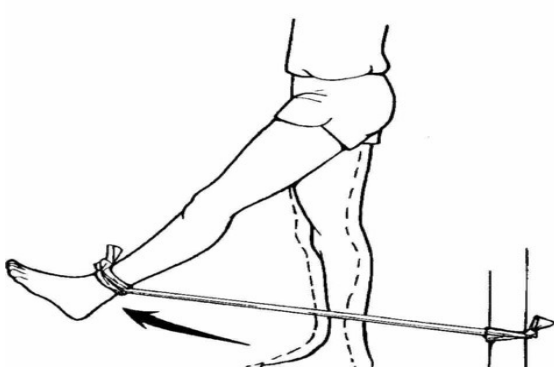


Hip Theraband Strength Exercises



Do Not Cause Pain.

HOLD: 5 10 REPS: 5 10 SETS: 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____

Date _____

Dr. _____