



### **Thera-Band Loop Lateral Walk (Monster Walk)**

Begin with medium loop wrapped around your thighs, above the knees. Slightly bend your hips and knees into an athletic position. Keep your back straight as you step laterally against the band.



### **Thera-Band Loop one-legged Squat**

Stand with small loop around thighs, just above the knees. Stand on one leg and bend knee to 90 degrees. Keep other leg extended with foot flat on the ground. Hold and slowly return.

above the  
about 45  
off the ground.



### **Thera-Band Loop Squat**

Stand with small loop around thighs, just above the knees. Keep feet shoulder-width apart. Slightly bend hips forward, keeping back straight and lower hips to ground by bending knees. Squat as low as comfortable. Hold and slowly return.



around thighs,  
feet a  
Slightly bend  
back straight  
bending knees.  
comfortable.

### **Thera-Band Loop Hip Abduction in Standing**

Stand with medium loop around ankles. Kick leg outward while keeping knee straight. Use support as needed to maintain an upright trunk. Hold and slowly return.



### **Thera-Band Loop Hip Extension in Standing**

Stand with medium loop around ankles. Extend leg backward while keeping knee straight. Use support as needed to maintain an upright trunk. Hold and slowly return.

Complete 3 sets of 15 repetitions in each direction. Perform 3 times per week for at least 4 weeks. Gradually increase the resistance each week.



### **Thera-Band Hip Abduction**

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand with side closest to attachment with non-exercising leg. Keep your knees straight and kick outward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

### **Thera-Band Hip Adduction**

Loop the band around your ankle, and stabilize the band to a stationary object near the floor. band to side closest to exercising leg. Keep your and kick inward. Keep your back straight, and bending over. Hold and slowly return.



the other end of  
Stand with  
knees straight  
avoid leaning or



### **Thera-Band Hip Extension**

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand facing the attachment. Keep your knees straight and kick backward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

### **Thera-Band Hip Flexion**

Loop the band around your ankle, and stabilize the the band to a stationary object near the floor. Face attachment, keep your knees straight and kick your back straight, and avoid leaning or bending and slowly return.



other end of  
away from the  
forward. Keep  
over. Hold