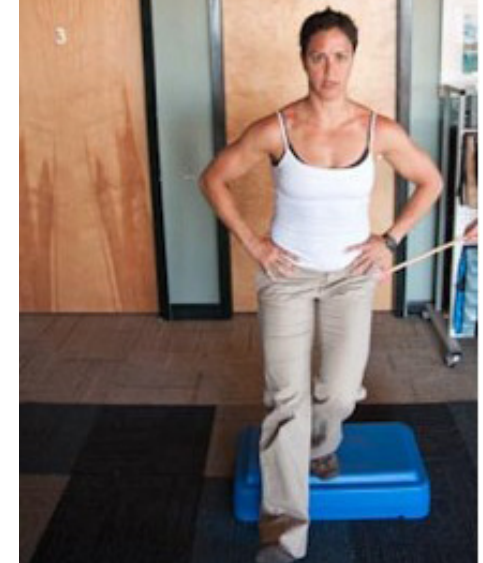
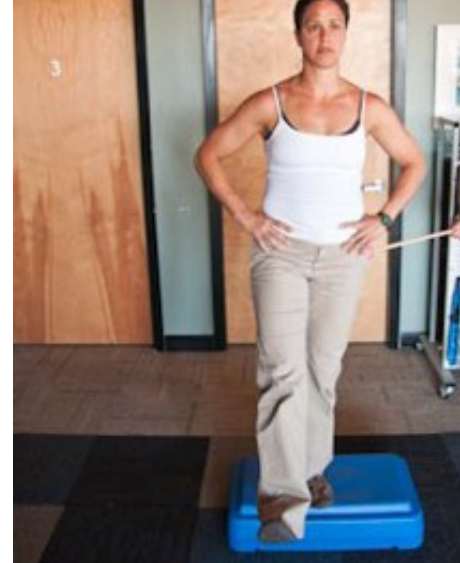
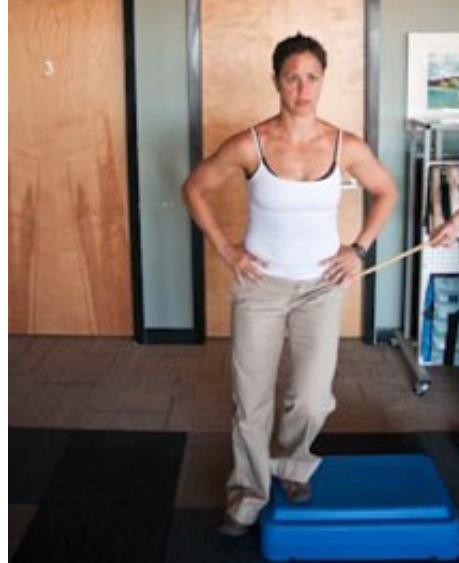
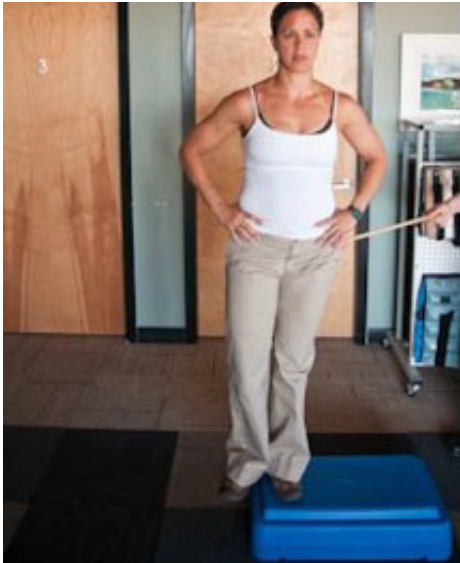
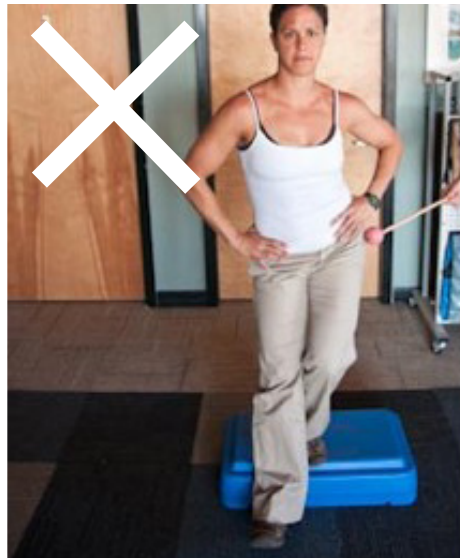


Hip and leg

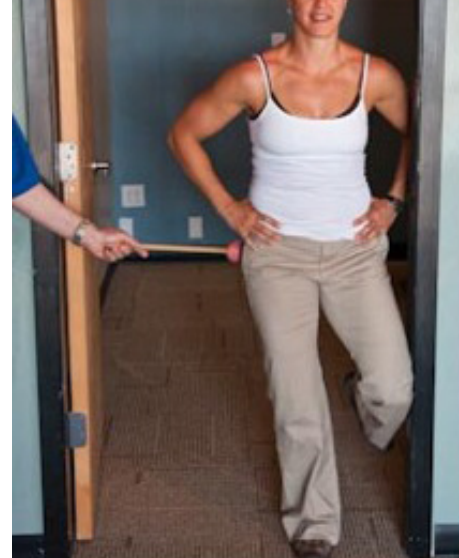


Hip and leg strength (side step down six inches) for gluteus maximus and medius muscles (hips stay level) 1/2 and 2/2

Front step down six inches for gluteus maximus and medius muscles (hips stay level) 1/2 and 2/2



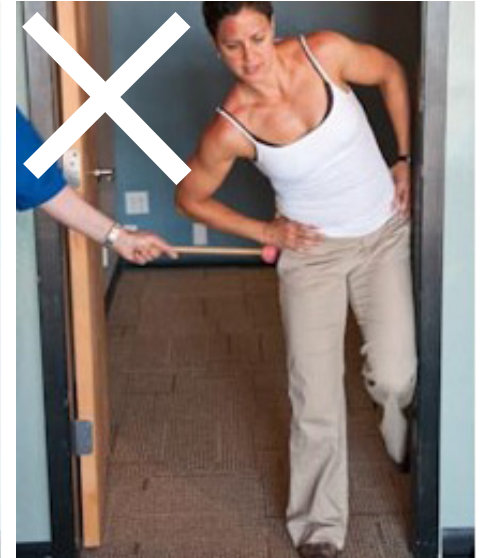
Front step down. Hip level is wrong.



Hip strength (isometric hip abduction) hip level is correct, right leg works hardest



Hip level is incorrect



Trunk tilts is incorrect

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.