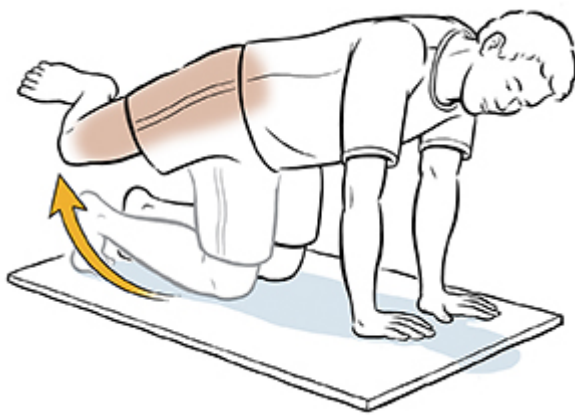


Quadruped Hip Abduction (Strength)



These instructions are for your right leg. Switch sides for your left leg.

1. Get down on the floor on your hands and knees.
2. Lift your right leg up and out to the side. Keep the knee bent. Raise your leg as high as is comfortable. Hold for 5 seconds, or as instructed.
3. Slowly lower your leg back to the floor.
4. Repeat 10 times, or as instructed.



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