

HOME EXERCISE PROGRAM HANDOUT

AMPUTATION - HIP ABDUCTION

Name: _____ Date: _____

Physical Therapist: _____ Phone: _____

- Sit on the floor with your hands behind you for support.
- Keep both legs straight.
- Place a rolled towel between your legs.
- Squeeze the towel between your legs for five seconds, then relax.
- Repeat _____ times.

SPECIAL INSTRUCTIONS:
