

**Hip placement****Hip abduction****Hip adduction****Hip abduction and adduction (windshield wipers)**

**Starting position:** Lying on the back with legs straight and toes/knees pointed towards the ceiling. The leg without a frame should be moved to the side or hooked over the side of the bed as shown in the pictures.

1. For hip abduction, slowly bring the entire leg (keeping the knee straight) out to the side as much as possible. You should be supporting the child's leg just above or below the knee and at their hip as shown in the pictures. Continue the movement until a stretch is felt along the inside of the thigh.
2. Hold for five seconds.
3. For hip adduction, slowly bring the leg back to midline (the starting position), and then past midline until a stretch is felt through the outside of the thigh.
4. Hold for five seconds.

Do exercise \_\_\_\_ times.

Repeat \_\_\_\_ times a day.