

SYNERGY



THE HIP

Target Exercises

SERIES I: AROM STRETCHING

Knee-to-Chest



Advanced Hamstring Stretch



Advanced Hip Flexion Stretch



Hip Flexor Stretch

The Band Stretch

Hip Adductor Stretch



Alternative:



SERIES II: GENTLE STRENGTHENING

Adduction Squeeze



Adduction Raise



Single Leg Raises



Extension Leg Raise



Hip Abduction Raise



SERIES III: STRENGTHENING WITH SYNERGY

Knee to Chest Resistance



Straight Leg Lift



Adduction Squeeze



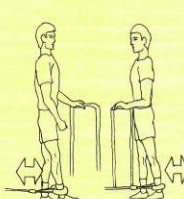
Hip Abductions



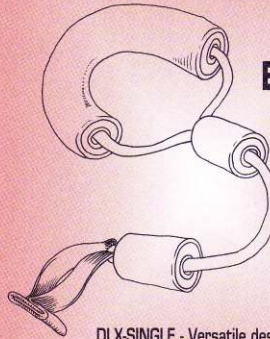
Hip Extension



Reversal Kicks

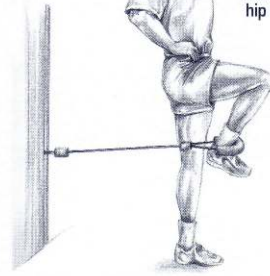


SYNERGY DELUXE SINGLE EXERCISER



DLX-SINGLE - Versatile design adds comfort and function for a variety of rehabilitation needs.

Isolates & strengthens hip flexors



STRETCHING

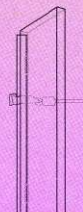
Regular stretching gives you greater ability to move, reduces pain, and DECREASES the possibility of re-injury when executed correctly. Once in the correct stretch position, try to relax the muscles. This will help achieve even better stretch results. There is a difference between a dull ache being gently stretched and the sharp pain being further traumatized. The latter will cause further set-backs. Pain should not be experienced. It's the body's natural warning sign that it's been pushed too hard. So stretch gently. Never move quickly or create jerky or bouncing motions. If pain is experienced during any portion of your rehab routine, simply stop. It indicates that you have overstressed your body. Pain also tightens muscles, which defeats your purpose, so move in and out of each stretch slowly.

GENTLE STRENGTHENING

Series II concentrates on specific exercises to strengthen and help stabilize injured areas, restoring proper posture and balance, and reducing the potential for re-injury. To continue on with our daily functions we must develop body smartness, improving our ability to deploy our body accurately, efficiently and fluidly. Synergy's exercises center on developing body awareness and function. Remember to start out slow and stay with it!

STRENGTHENING WITH SYNERGY

Series III incorporates the Synergy Device interacting in muscle activities under conditions of increased resistance. The purpose is to enhance the effectiveness of stabilization and function while reducing the possibility of re-injury through a series of isolated strengthening exercises with the Synergy Device.



Some exercises require mounting the Synergy Device. To do so, position the door mount on the side of the door that opens away from you on the hinge side. Place the strap between the door and the door jam. Make sure the door is secure and locked.

Synergy Exerciser: (circle resistance color) Purple (XL) Blue (L) Red (M) Black (H) Green (XH)

- DLX-TRAINER 8 or 15
- DLX-SINGLE
- DLX-DOUBLE
- DLX-SPORT
- DLX-TOTAL BODY
- BALL 22, 55, 65 or 75cm
- PRO-SINGLE
- PRO-DOUBLE
- PRO-SPORT
- PRO-TOTAL BODY
- E-ROM
- E-CERVICAL
- E-HAND POWER
- E-FOOT
- OTHERS:

Notes:

SYNERGY - OPTIMIZING PHYSICAL PERFORMANCE

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