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INTERNAL FEMORAL TORSION EXERCISES

As part of your rehabilitation Dr. Vail is recommending the following **Hip External Rotator** exercise:

The patient should flex his knee while on his back. Stabilize the knee and rotate the upper leg to the **outside** till the range of motion is at stopping point. At this point hold for count of 10.

Repeat this exercise 10 times twice a day.

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