To increase range of motion of femur:

**Sagittal Plane**
- Hip Hyperextension +
- Flexion +

**Frontal Plane**
- Abduction of Right Hip +
- Abduction of Left Hip +
- Adduction of Right Hip +
- Adduction of Left Hip +

**Transverse Plane**
- Internal rotation of Right Hip +
- Int. rotation of Left Hip +
- Ext. rotation of Right Hip +
- Ext. rotation of Left Hip +

(Thompson & Floyd pp. ) Note error on p

Coupled motions between pelvis, lumbar spine, & hips. Keep feet facing forward and upper torso facing fluid - then do pelvic motions - see what other joints do:

<table>
<thead>
<tr>
<th>Pelvis</th>
<th>Lumbar Sp.</th>
<th>R. Hip</th>
<th>L. Hip</th>
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- Anterior rotation (ant. tilt)
- Posterior rotation (post. tilt)
- Left lateral tilt
- Right lateral tilt
- Right transv. rotation
- Left transv. rotation