|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Baseline | Post Hip-Exercise | Change | p |
| **Hip Flexion**  | **103.3 ± 16.6** | **118.2 ± 17.9** | **14.6 ± 15.7** | **<0.001** |
| HIP Abduction | 123.9 ± 33.8 | 129.7 ± 23.5 | 4.1 ± 29.0 | 0.200 |
| HIP Adduction | 103.9 ± 28.3 | 107.3 ± 28.8 | 2.3 ± 26.7 | 0.706 |
| HIP Extension | 94.6 ± 48.9 | 86.9 ± 25.5 | 1.0 ± 24.8 | 0.208 |
| Hip External Rotation  | 83.1 ± 18.7 | 88.9 ± 16.4 | 5.5 ± 23.9 | 0.112 |
| Hip Internal Rotation  | 93.0 ± 23.6 | 100.5 ± 19.7 | 7.1 ± 24.9 | 0.152 |

 *Strength unit: lbs-force*