## Low Back, Upper Legs and Knee

Named Condition ^	Painful or weak ^
Abdominal Surgery - Liposuction, C-Section	movement
📘 🖪 Inguinal Hernia	Going From Sitting To Standing
L R Knee Pain	L R Hip Adduction - Getting Into Or Out Of A Car, Tub, Chair Etc
L R Lower Back Beltline Area One Side Only	📘 🖪 Hip Flexion - Putting On Pants
R Pain In Low Back	L R Hip Internal Rotation - Hurts To Swing A Club, Bat, Kick A Ball
📘 🖪 Pain In The Hip	📘 🖪 Hitch In The Giddy Up
📘 🖪 Pain In The Knee	Hurts To Stand Up Straight
📘 🖪 Pain In The Quadriceps	Lumbar Extension
📘 🖪 Umbilical Hernia	L R Lumbar Lateral Bending
Nerve Pain ^	UR Walking Up Stairs Or Curb Anterior Hip Pain
📘 🖻 Anterior Hip Area	
📘 🖪 Anterior Thigh Area	
📘 📧 Around The Knee Area	
L R Groin Area	

- Lateral Thigh That Goes Into The Knee
- L 🖪 Laterial Hip Area
- L R Lower Back Below The Ribs