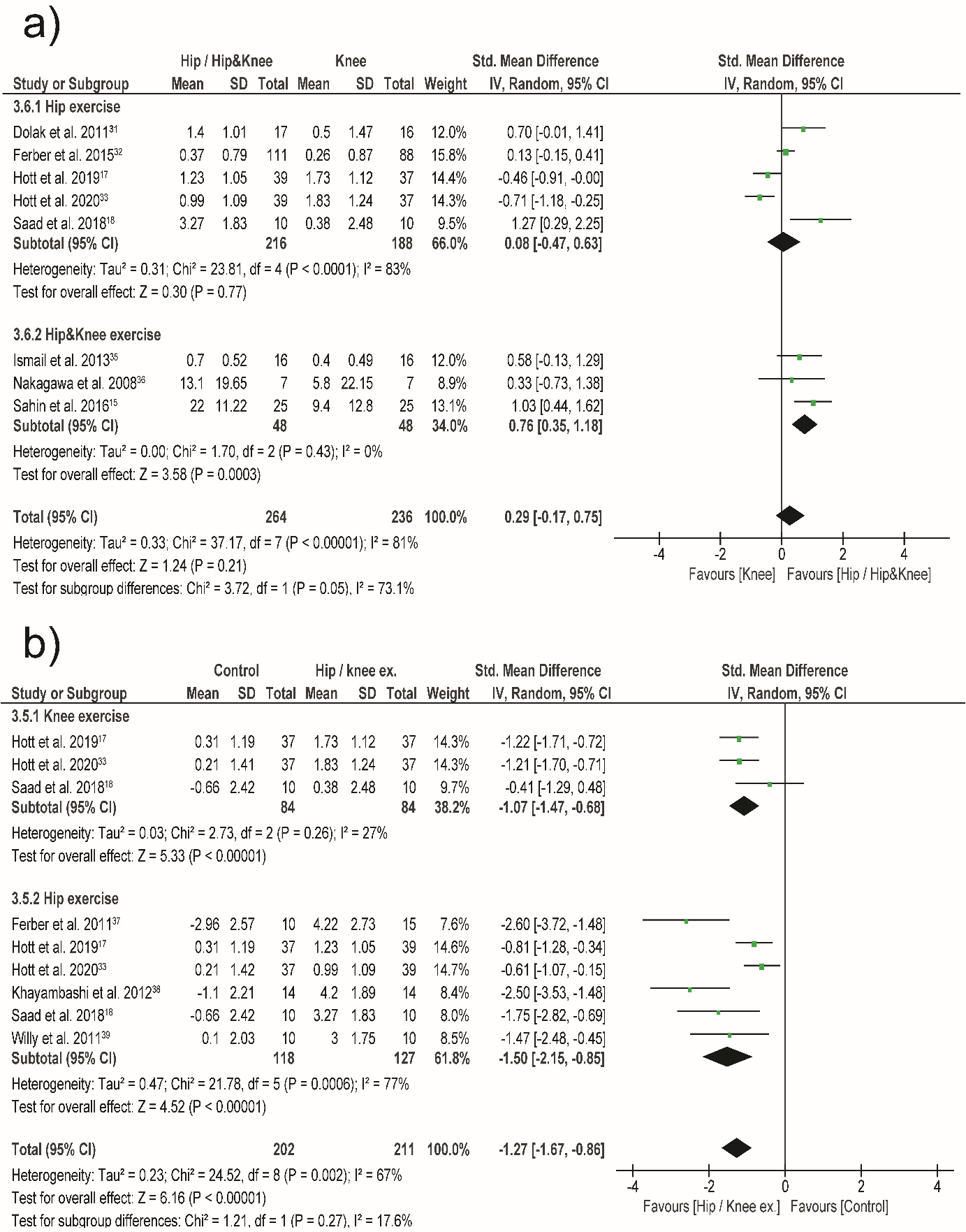
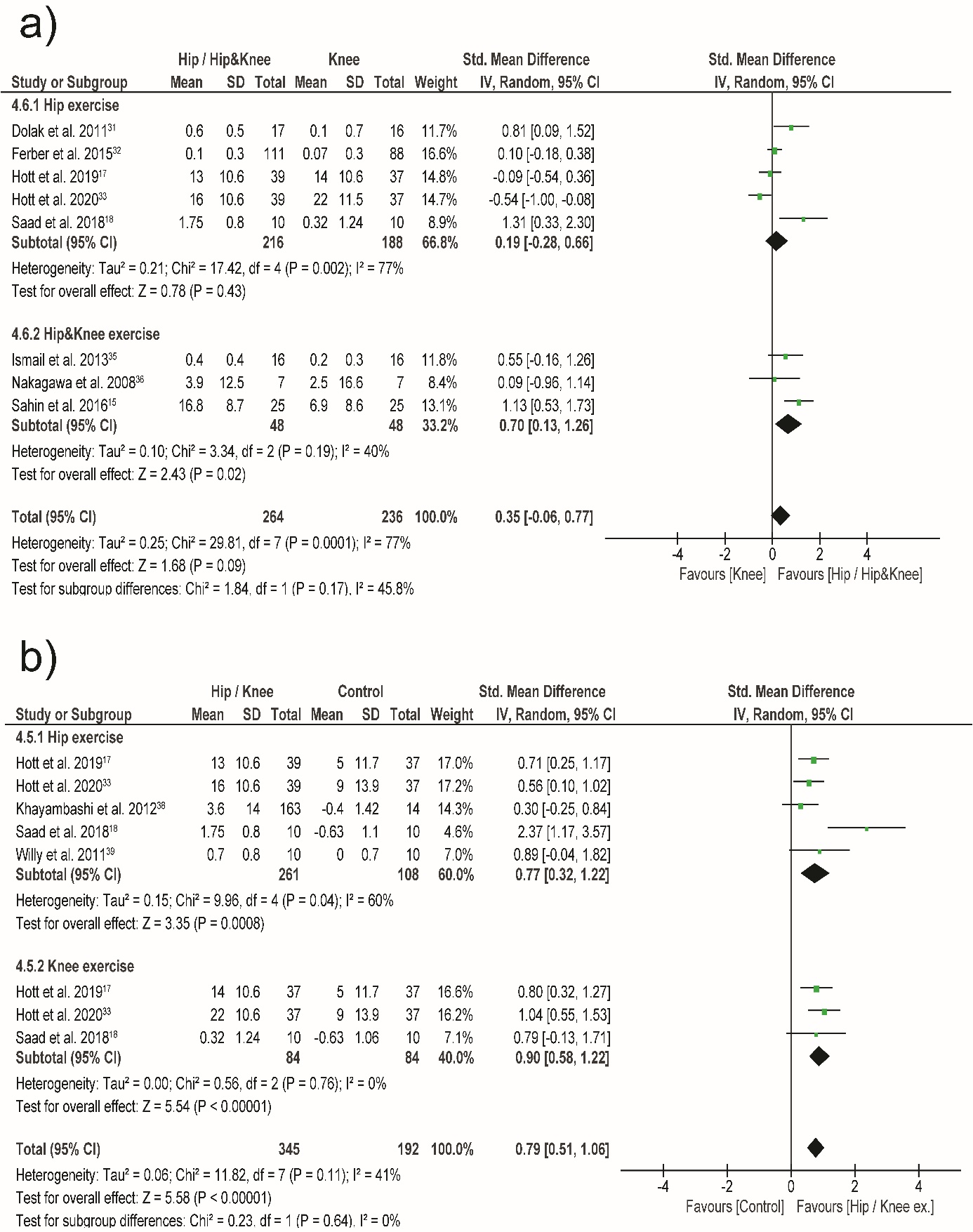
**Supplementary Figure 1: Hip abduction strength. (a) Knee only or Hip only exercise programs compared with Controls. (b) Hip only or Hip&Knee exercise programs compared with Knee only exercise programs.**

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**Supplementary Figure 2: Hip external rotation strength. (a) Hip only or Knee only exercise programs compared with Controls. (b) Hip only or Hip&Knee exercise programs compared with Knee only exercise programs.**

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