HIP STRENGTHENING

Recommended Stretches:
- Quadriceps
- Hamstrings
- Glutes
- IT Band
- Hip Flexor

Pelvic Tilt

Lie on the floor with knees bent and feel flat on the floor hip width apart. Tighten abdominal muscles and pull the lower back to the floor. Hold for 10 seconds and then slowly lower hip back to the floor. Repeat exercise 10 times.

Bridges

Lie on your back on table or floor with knees bent to 90 degrees and feet flat on the floor, arms palm-down at sides. Tighten abdominal muscles and maintain throughout exercise. Slowly raise your hips off floor/table by using your glutes and hamstrings until your torso is in line with your thighs. Hold for 3-5 seconds. Repeat 10-20 times.
*More challenging- do this same exercise with one leg straight out and lift leg in line with thigh and torso, other foot is still flat on the floor. Repeat exercise on both legs.

Clam Shells

Lie on a table or floor on your non-affected side with your knees and ankles together, knees bend at about 90-degrees. Open your legs by using your upper glut muscle. Make sure you keep your back straight and do not rock your pelvis, hips stay stacked on top of each other. Keep this movement slow and controlled. Complete 3 sets of 10 repetitions. Switch and do the same exercise with the opposite side. *For more advance version include a loop of Thera-band around your thighs right above the knees for added resistance.

Side Leg Raise

Lie on side with one side up. Bend lower leg slightly to give you a stable base. Keep top leg straight. Engage abdominals, glutes and flex foot lifting the leg up towards the ceiling then come down slowly returning to the start position keeping the muscles flexed the whole time. Do 3 sets of 8-10. *More challenging- lift leg up and do circles clockwise and counter clockwise 5 each way and then return to start position.
Side Lying Toe Taps

Lie on side with both legs straight. Pick top leg up straight engaging the abdominals and glutes with foot pointed. Tap the foot in front of the lower leg and then tap behind making an arc as you go front to back. Try to keep you back and pelvis stable to whole time not allowing your upper body to rotate with your upper leg.
Planks (Bows and Toes)

Lie on your stomach on a table or floor with your forearms/elbows on the table/floor. Rise up so that you are resting on your forearms and toes only, keeping your abdominal muscles tight and back flat. Hold this position for 15-60 seconds. Slowly lower back down to starting position. Progress in increments of 15 seconds until you can hold for 60 seconds. Repeat 5-10 times.

Side Planks

Lie on your side with your elbow underneath you. Rise up so that you are resting one forearm/elbow and foot on same side. Hold this position for 15-60 seconds. Then slowly lower back to starting position. Progress in increments of 15 seconds and repeat 5-10 times. Make sure to complete exercise on both sides.

*Easier- Can start on knees or with back up against a wall to get better stability if unable to do a full side plank.

Quadruped Single Leg

Starting on both hands and knees, keep head straight with knees bent to 90 degrees. Engage your core to keep your back straight during entire exercise and use your hamstrings, glutes, and low back muscles to lift your leg straight back even with hip. Hold for 3 seconds and then slowly return to start position. *More Challenging- Hold leg out and do circles clockwise and counter clockwise.
Quadruped opposite Arm/Leg

Starting on both hands and knees, keep head straight with knees bent to 90 degrees. Engage your core to keep your back straight during entire exercise and use your hamstrings, glutes, and low back muscles to lift your leg straight while lifting opposite arm at the same time. Hold for 3 seconds and then slowly return to starting position. Repeat 10 times on each side.
*More Challenging – Touch opposite elbow to knee and then reach out to full extension.

Quadruped Fire Hydrants

Starting on both hands and knees, keep head straight with knees bent to 90 degrees. Lift leg out to the side even with the hip or to comfort keeping the knee bent at 90 degrees. Repeat 10 times on each side.
Hip Hike

Start with one foot balancing on the edge of a box with the other foot even not on the box. Put hands on waist for balance. Keeping the leg on the box straight allow the opposite hip to lower and then return to the start position. Make sure to keep the abdominal muscles engaged throughout the whole motion and go slow and controlled thought. Complete 8-10 reps on each side.

Lateral Slides

With your knees slightly bent in a squat-like position, take ten steps to one side. While still facing the same direction, take another 10 steps back to your starting position. Continue to do this 10 times. *More advanced version includes a Thera-band around your ankles. Band should be tight enough to provide constant resistance during the entire movement.

Monster Walks (forwards and backwards)

Place a Thera-band around both ankles. There should be enough tension that the band is tight when your feet are shoulder width apart. Keeping your feet shoulder width apart throughout whole exercise, take short steps forward alternating your left and right foot. After several steps (10-20), do the same thing going backwards to where you started.