Hip Stretching and Strengthening Program

Created by Daniel Anderson Aug 10th, 2017

View at "www.my-exercise-code.com" using code: D326L3K

1

PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

2

QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position.

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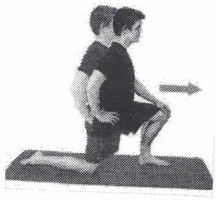

HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

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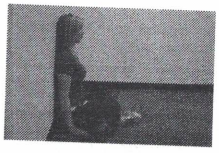

Adductor Stretch (Butterfly)

Ideally you want to support your lower back and sit against a wall but it is not necessary. Bring your heels together and sit upright bringing your feet toward you. You should feel a stretch on the inside of your thighs. If you want more of a stretch you can push gently down on the inside of your knees.

5

HAMSTRING STRETCH - SUPINE

While lying on your back, raise up your leg and hold the back of your knee until a stretch is felt.

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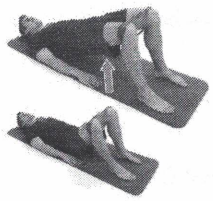

BRIDGING ELASTIC BAND ABDUCTION

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

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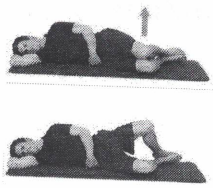

CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

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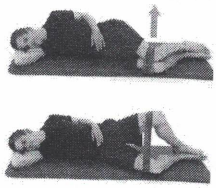

ELASTIC BAND - SIDELYING CLAM-

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

9

free squat with theraband

Tie a theraband above your knees. Perform a squat (with or without a chair or box behind you for guidance). When performing the squat, ensure your knees are not going over your toes. You should feel the weight in your heels as your squat down.

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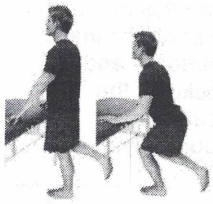

SQUATS - SINGLE LEG

While standing on one leg in front of a stable support for assisted balance, bend your knee and lower your body towards the floor. Return to a standing postion.

Knee should bend in line with the 2nd toe and not pass the front of the foot.

11

Step Ups

Using the bottom step of your stairs, step up with your affected leg followed by your unaffected leg. Step back with your affected leg followed by your unaffected leg.

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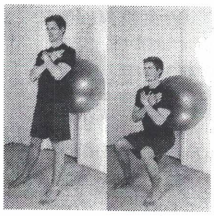

EXERCISE BALL - WALL SQUATS

Start by standing up and leaning your low back up against an exercise ball on a wall. Your feet should be spread apart about shoulder width apart.

Next, slowly bend your knees and lower your buttocks towards the floor.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

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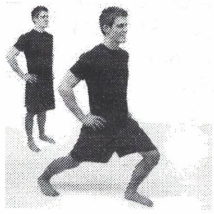

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.