

HIP STRENGTHENING EXERCISE PROGRAM

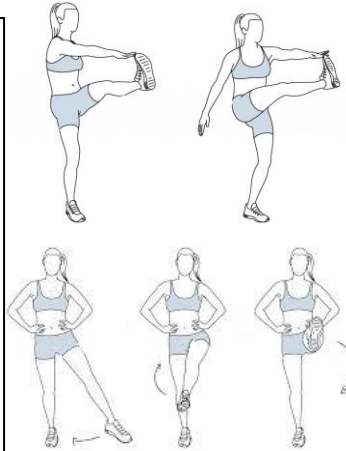
The below exercises are designed to help with your condition. Perform each for 3 sets of 12 repetitions. Perform once daily.

STANDING TOE TOUCH

This exercise strengthens and increases range of motion to hips, quadriceps, and hamstrings.

- Stand with arms extended in front, palms facing down.
- Maintain good posture and avoid bending at the waist.
- Swing your right leg up and extend it straight out, creating a 90-degree angle with your body.
- Lower your right leg to the floor, then swing your left leg up in the same way.

For added difficulty, reach your arm out to touch your opposite foot, extending your other arm behind you.



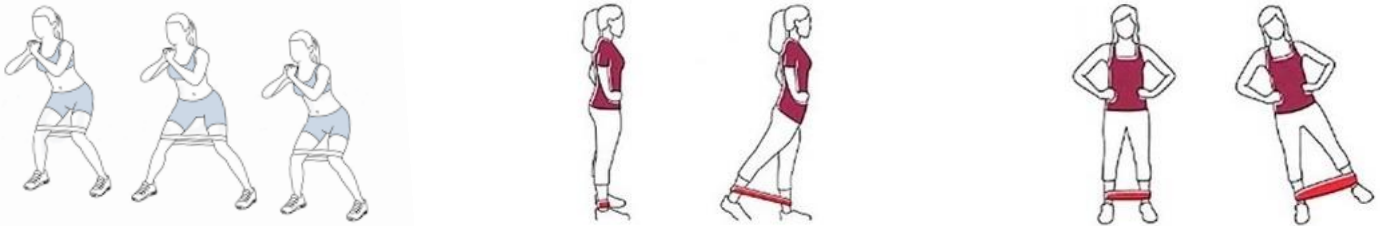
HIP CIRCLES

This movement increases hip flexibility and stability. Use a stable object for support.

- Stand on your right leg with your left leg lifted.
- Move your left leg in circles keeping your knee straight.
- Repeat with your right leg.
- To make this exercise more difficult, increase the size of the circles.

SIDESTEP EXERCISES

These exercises strengthen hip muscles. Keep your hips and toes facing straight ahead.



Walking Side-Step:

- Stand in a half squat position with resistance band around your lower thighs.
- Engage your hip muscles as you slowly take small steps to the side while maintain resistance on the band.
- Take 12 steps in one direction.
- Repeat on the opposite leg.
- Increase intensity by placing band above ankles and deepening squat position.

Standing Hip Extensions:

- Stand with feet shoulder width apart
- Keep knee straight and toes pointed forward while slowly kicking leg backwards.
- Return leg to starting position.
- Once repetitions are completed, repeat with opposite leg.

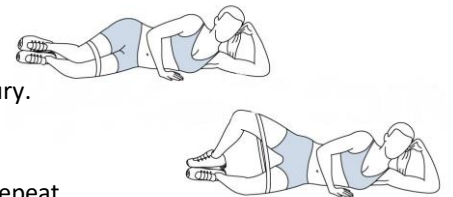
Standing Leg Abduction:

- Stand with feet shoulder width apart.
- Keep knee straight and toes pointed forward while slowly pulling outer leg away from body as far as possible. Hold at this point for 2 seconds.
- Return leg to starting position.
- Once repetitions are completed, repeat with opposite leg.

CLAMSHELL EXERCISE

This exercise builds strength in your hips, thighs, and glutes. It stabilizes your pelvic muscles and can relieve tightness in your lower back, which helps prevent overuse and injury.

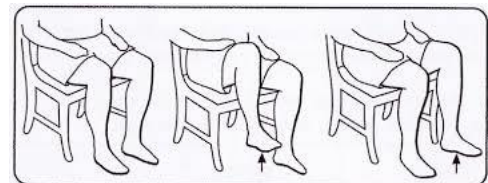
- Lie on your side with bent knees and a resistance band around your lower thighs.
- Rotate your top leg up as high as you can, then pause for a moment.
- Lower to the starting position. Once repetitions are completed, flip to other side and repeat.



SEATED HIP MARCH

This exercise build strength and flexibility in hips and thighs.

- Sit toward the front edge of a chair. Raise your right as high as you can, keeping your knee bent.
- Slowly and with control, lower your foot.
- Then do the left side. This is 1 repetition.



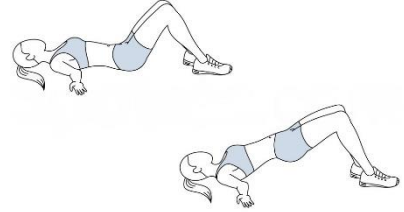
CORE STRENGTHENING EXERCISES

The below exercises are designed to help with your condition. Perform each exercise for 3 sets of 12 repetitions. Perform once daily.

GLUTE BRIDGE

This pose activates your glutes to lift your hips. This trains your core while strengthening glutes and thighs.

- Start on your back. Bend your knees and plant your feet on the floor at hip width. Place your hands at your sides, palms down.
- Tighten your core and glutes.
- Raise your hips until your knees are in line with your shoulders.
- Hold top position for 10-30 seconds before lowering hips to starting position.

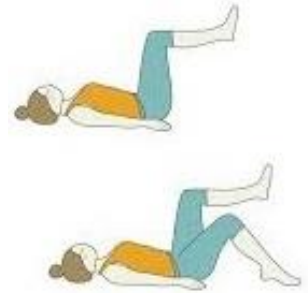


SUPINE TOE TAP

The supine toe tap engages your core muscles while working your glutes, hips, and legs.

Toe taps also place minimal pressure on your spine. If you have back pain, toe taps may be an ideal alternative to crunches.

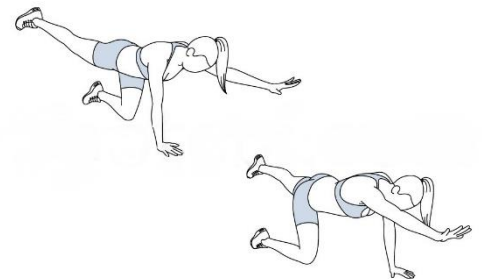
- Start on your back. Lift your legs, knees bent to 90 degrees. Place your hands at your sides, palms down.
- Tighten your core. Lower your right foot and gently tap the floor, keeping your left leg still and your back flat against the ground.
- Raise your right leg to return to the starting position. Repeat with your left leg. This is one repetition.



BIRD DOG

The bird dog engages both your abdominal and back muscles. It also challenges coordination, balance, and stability.

- Start on all fours, hands below your shoulders and knees below your hips.
- Tighten your core and keep neck in line with spine.
- Lift and straighten your right leg to hip level. Simultaneously lift and extend your left arm to shoulder level, palm down. Pause.
- Repeat with your left leg and right arm. This is one repetition.



PLANK

A plank is a functional movement that can improve core strength and stability.

- Start off with hands and knees on floor in a table-top position. Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body.
- Step your feet back one at a time and ground toes into the floor while squeezing glutes.
- For more stability bring your feet wider than hip distance apart and closer together for more of a challenge.
- Maintain a straight line from heels through the top of your head. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands.
- Hold the position for 20 seconds. As you get more comfortable with the move, hold plank for as long as possible without compromising your form or breath.
- For more of a challenge, raise onto the palms of your hands.

