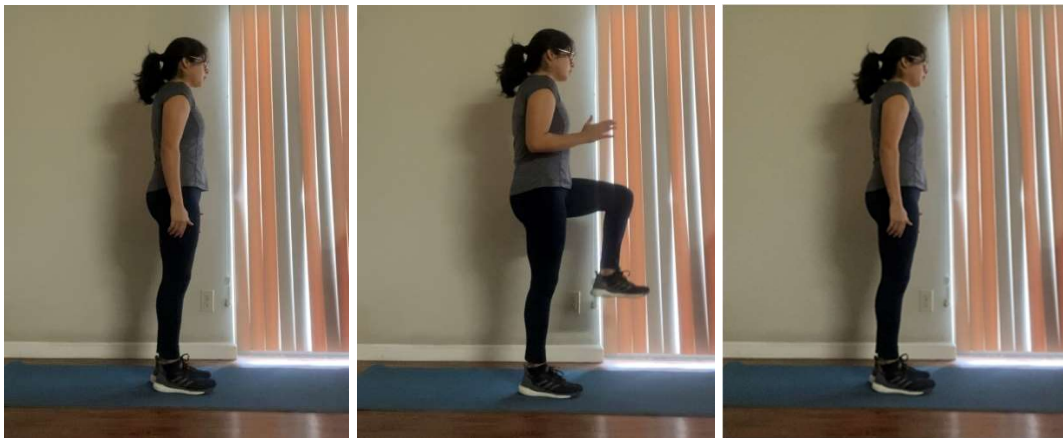


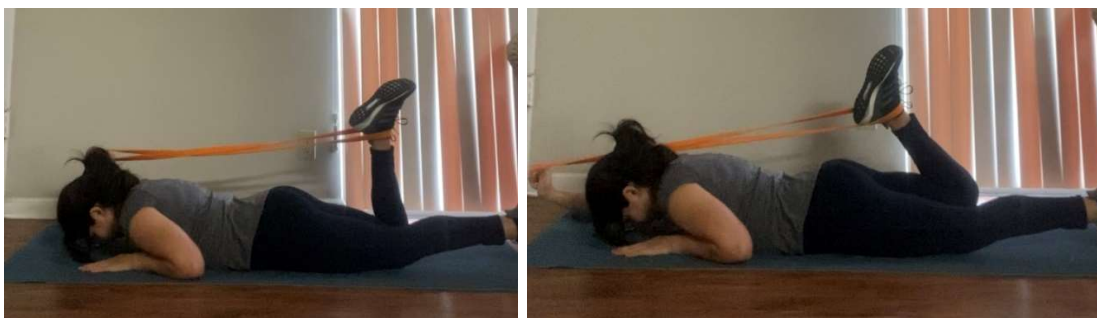
Exercises For Hip Mobility



Straight leg Raises (supine position): Individual is laying on their back side. They will raise a straight leg towards the ceiling until a stretched is felt. They will continue by alternating legs about 8 to 10 times.



Standing/Stationary Marching Hip Flexion: Individual will be in a standing position. They will raise a flexed knee perpendicular to their body. The right leg will be raised as the left arm is flexed (bent), mimicking a running stance.



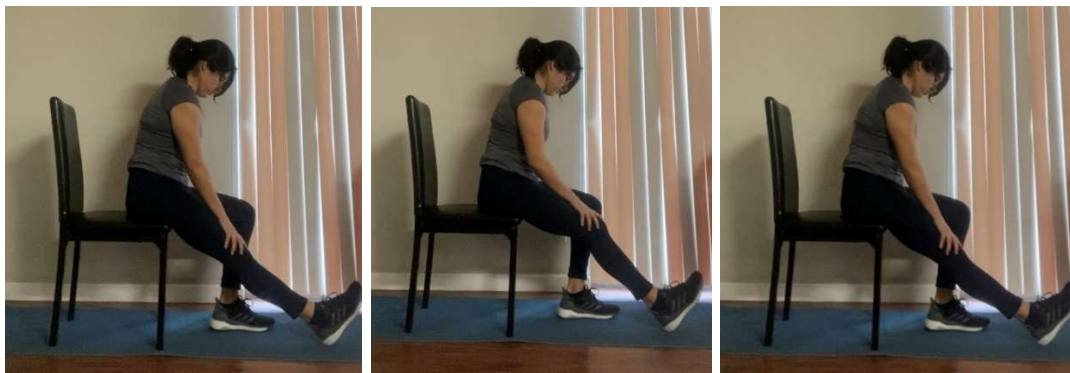
Rope Hip Flexor Stretch: Individual will be laying on stomach. A long band will be tied to the ankle. Individual will bend at the knee, grab the other side of the long band across the back and pull in slight pulses.



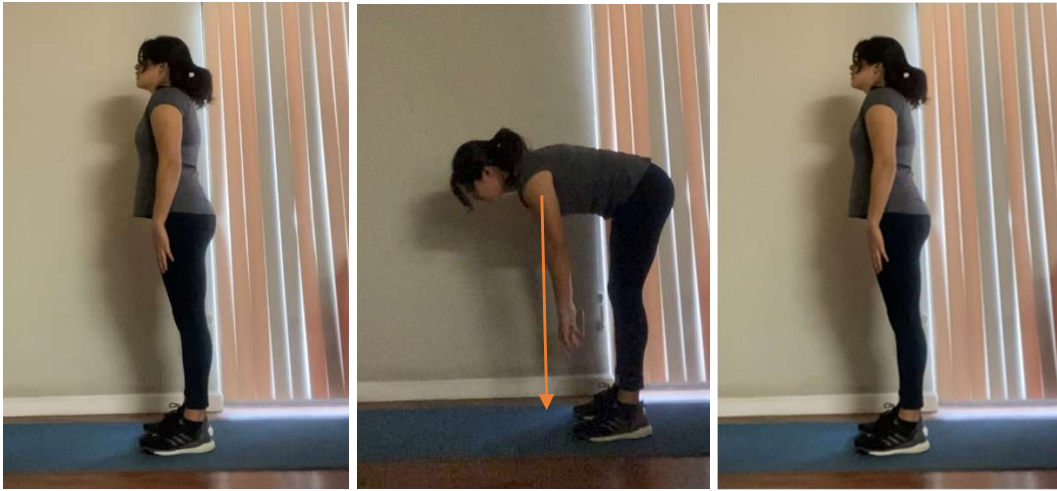
Kneeling Hip Flexor Stretch: Individual will be in a kneeling position. The bent knee will be placed directly under the ankle. They will tilt their pelvis inward until a slight stretch at the hip flexor is felt, will then lean forward, keeping the back straight, until they stretch at the hip as much as they can handle.



Seated single Leg Hip extensor stretch: Person will sit on a chair. One leg would be extended in front of the individual while the other will remain in a bent position. The individual will then reach toward the foot of the extended leg until a slight stretch is felt.

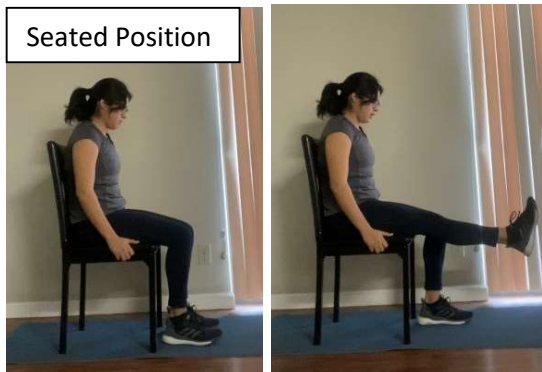
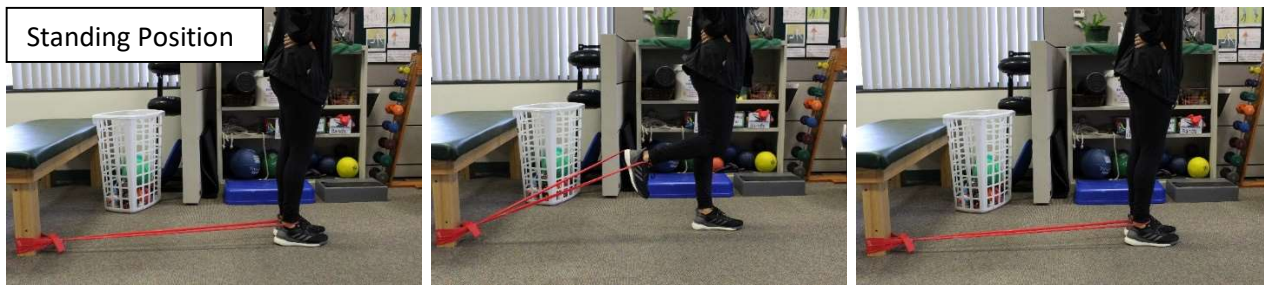


Seated single Leg Hip extensor stretch with knee pulses: Person will sit on a chair. One leg would be extended in front of the individual while the other will remain in a bent position. The individual will then reach toward the foot of the extended leg until a slight stretch is felt. The knee on the same leg will be slightly bent then straightened in pulses.



Standing Hamstring Stretch: Person will be in a standing position. The person will then reach toward their toes until they feel a slight stretch in the hamstrings.

Strength + Endurance Exercises:



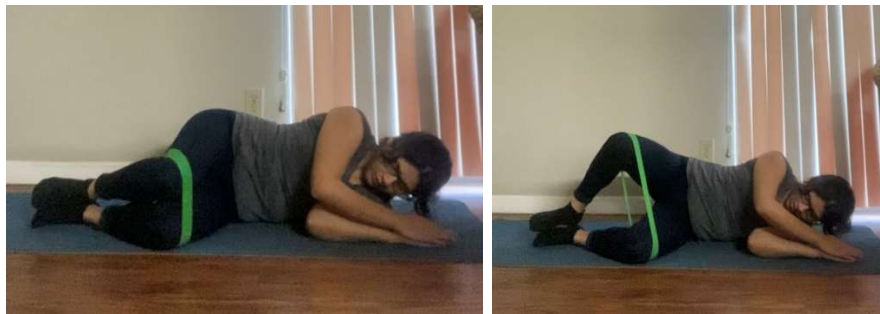
Banded Leg Extension from Standing or Seated Position: Person will be standing or sitting. The back should be perpendicular to the ground. Feet should be flat on the ground. With a resistance band (accommodated for level of fitness), one end of the band will be around one ankle while the opposite end will be around a stable object (if in a seated position, it would be connected to a leg of the chair). The person will try to fully extend their knee, then return to original position. Repeat 2 to 3 times in sets of 10 reps.



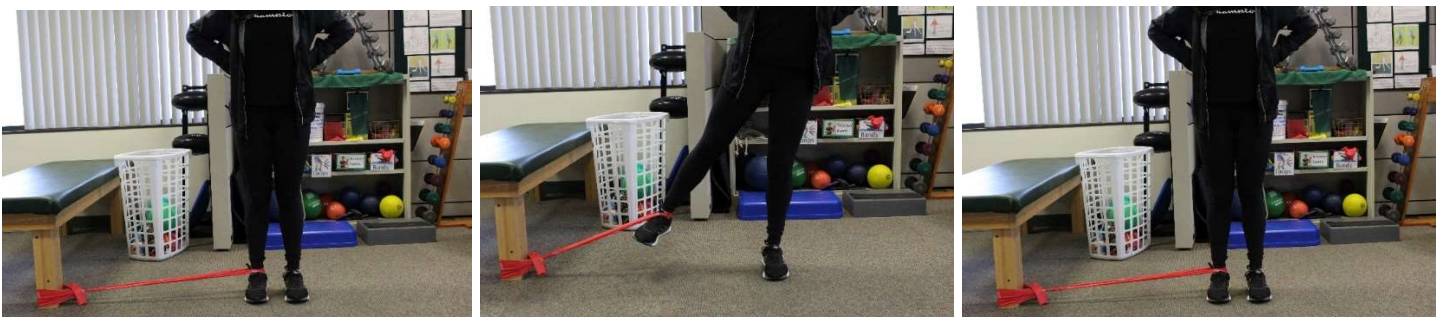
Banded Knee Flexion: Person will need a chair or table for balance. The person will also need a resistance band. They will place the resistance band around one ankle while the opposite side will step one the band. In a standing position, the person will flex one knee until it is 90 degrees, then return from original position. Repeat 2 to 3 times in sets of 10 reps on each leg.



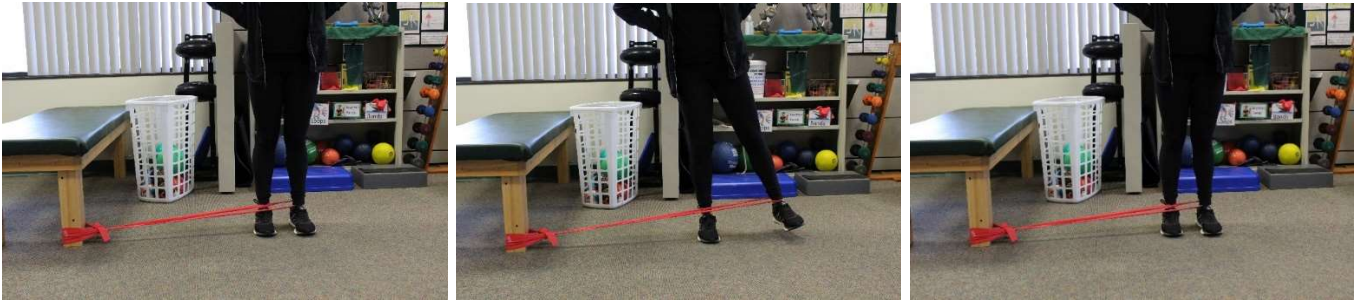
Tic Toc Walk: Person will be in a standing position. The person will lift one leg to the side of their body and return a step farther from original position. They will then take the opposite leg, lift it towards the it's side of the body, and return beside the previous foot. They would need to move in the right direction first, then their left. Repeat 2 to 3 times in sets of 10 reps on each side.



Clam Shells: Person will place a band over their knees. They will lay on one side of the body and bend their knees. They will then raise the leg, hold for about 3 seconds, then bring back to normal position. Repeat 2 to 3 times in sets of 10 reps.



Banded hip adduction: Person will connect a band to one ankle (left or right). The other side of the band will need to be connected to a heavy object that can hold it in place. Person will take a few steps to the side to create some resistance. They will plant the opposite leg. The ankle tied to band will be extended sideways and will return (depending on level of fitness, may be able to return foot slightly past the center of the body). Repeat 2 to 3 times in sets of 10 reps.



Banded hip abduction: Person will connect a band to the farthest ankle (left or right) from the opposite side of the band. The other side of the band will need to be connected to a heavy object that can hold it in place. Person will take a few steps to the side to create some resistance. They will plant the opposite leg. The ankle tied to band will be extended sideways and will return (depending on level of fitness, may be able to return foot slightly past the center of the body). Repeat 2 to 3 times in sets of 10 reps.