



HIP HOME EXERCISES



Introduction

These exercises are designed to help improve flexibility, strength, and stability in the hips. Regular practice can reduce pain, support joint function, and enhance overall mobility. Perform each exercise within a comfortable range and stop if you experience any sharp or worsening pain.

Monster Walks

Sets: 3



1. Stand in a half-squat position with a resistance band around your lower thighs.
2. Engage your hip muscles as you slowly take small steps to the side.
3. Take 8–15 steps in one direction.
4. Then perform on the opposite side.

Clam Shells



1. Lie on your side with bent knees and a resistance band around your lower thighs.
2. Rotate your top leg up as high as you can, then pause for a moment.
3. Lower to the starting position.
4. Carry out 1–3 sets of 8–15 repetitions.