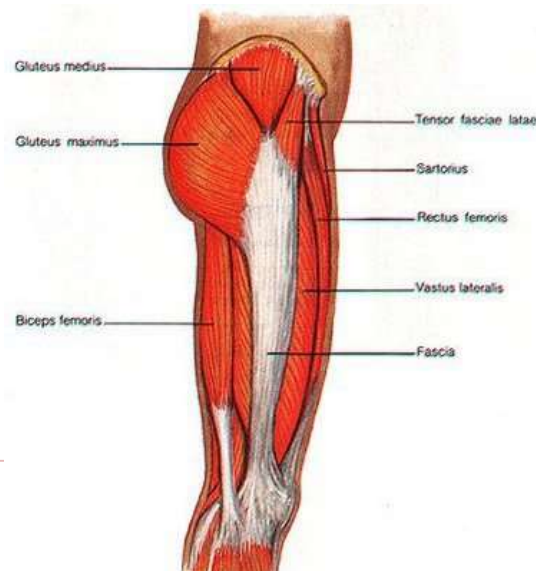




Hip Strengthening **PROTOCOL**

BACKGROUND

- **Description**
 - Hip muscles provide stability to the upper and lower extremity during activity
 - Are the main source of power for quick propulsive movements
- **Causes:**
 - Injury can occur due to weakness, overuse and strength imbalances
- **Protocol:**
 - These exercises provide a broad spectrum to target the majority of muscles of the hip.



STRENGTHENING EXERCISES:



Clam Shell

Patient lies on their side with knees bent 90 degrees.

Keeping feet together, slowly raise knee towards the ceiling
Squeeze gluteal muscles.

Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets 3 times per week.

Goal: *Increase glute medius strength*



Double Leg Bridge

Lie on back with both knees bent 90 degrees on the floor.

Slow raise hips up towards the ceiling

Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets. 3 times per week

Goal: *Increase gluteal strength*



Single Leg Bridge

Lie on back with one leg knee bent 90 degrees on the floor.

Pull the other knee towards chest.

Maintaining this position, push foot into ground and raise hips up

Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets. 3 times per week

Goal: *Increase gluteal strength*



Hip Strengthening **PROTOCOL**

STRENGTHENING EXERCISES:



Hip Adduction

Patient lies on their side
Flex the upper leg forward
Slowly raise the lower leg towards the ceiling.
Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets. 3 times per week

Goal: Increase hip adductor strength



Hip Abduction

Patient lies on their side
Keep body in a straight line
Slowly raise the upper leg towards the ceiling.
Avoid rotating the leg.
Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets. 3 times per week

Goal: Increase hip abductor strength

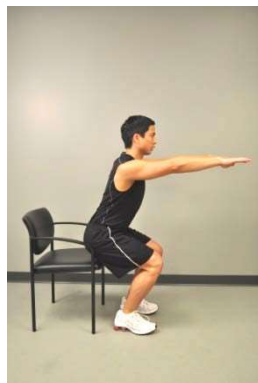


Bridge on Physioball

Patient lies on their back with feet on a ball
Keep body in a straight line
Slowly pull heels towards your buttocks
Hold 5 sec. Repeat 10-15 times

Frequency: 3 sets. 3 times per week

Goal: Increase extensor strength

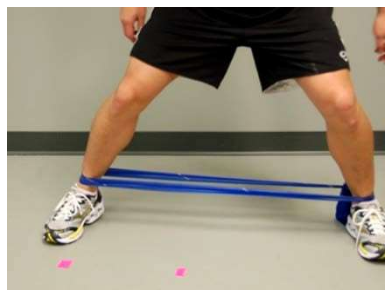


Chair squat

Patient stands in front of a chair.
With feet shoulder width apart
Slowly squat down until the chair is felt.
Push through you heels and return to starting position

Frequency: 3 sets 10-15. 3 times per week

Goal: Increase leg strength



Lateral Slides

Place theraband around both ankles.
Stand with knees and hips slightly bent.
Take a 6-8 inch step to the side, followed by the other foot.
Repeat 10 times both directions

Frequency: 3 sets 3 times per week

Goal: Increase hip strength



Hip Strengthening **PROTOCOL**

STRENGTHENING EXERCISES:



Monster Walk

Place theraband around both ankles.
Stand with knees and hips slightly bent.
Take a 2-3ft step at a diagonal
Continue until 20 steps are completed.

Frequency: 3 sets 3 times per week
Goal: Increase hip strength

Hip Abduction



Hip Flexion



Hip Adduction



Hip Extension



Hip theraband exercises

Attach theraband to a stable object
Perform 3 sets of 10-15 repetitions. 3 times per week.



Pseudo Running Exercise

Place theraband around ankle
Flex hip up, then extend the leg.
Slowly lower leg toward down
Perform 10-15 repetitions

Frequency: 3 sets 3 times /week
Goal: Increase hip strength