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# HIP STRETCHING EXERCISES

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HOLD 20-30 SECONDS, DO 3-5 REPETITIONS.

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## KNEE TO CHEST



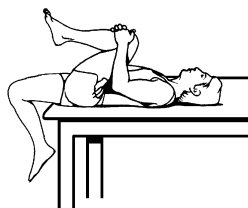
Lie on your back and pull the knee up to your chest.

## PRESS UPS



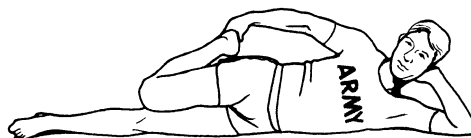
Place the hands in the push-up position. Press up letting the back sag trying to keep the hips on the floor.

## KNEE TO CHEST HIP FLEXOR



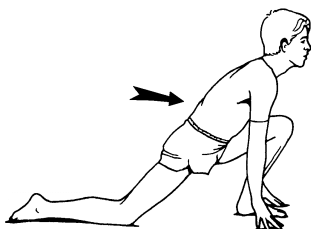
Lie on your back on the edge of a bed or table. Let the leg fall off the table and pull the non-involved up to your chest.

## QUAD STRETCH



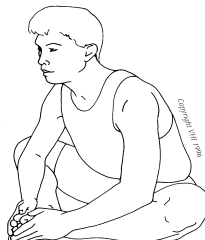
Lying on your side, or standing, slowly pull one leg back at the ankle. Bring the knee back behind your hip and the heel toward your buttocks.

## LUNGE



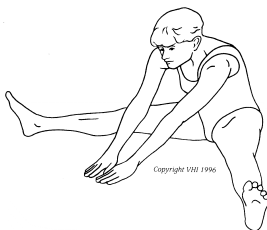
Slowly rock forward until you feel a stretch in the front of the hip of the rear leg. Keep the back straight.

## GROIN STRETCH



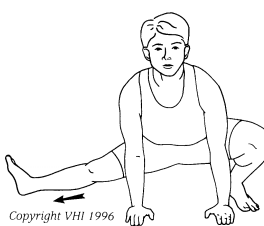
Sitting with soles of feet together, slowly spread the knees, you may increase the stretch by pressing the elbows against the knees.

## SEATED SPLITS



With the legs spread, slowly lean forward until you feel a stretch at the inner thigh.

## ADDUCTOR STRETCH

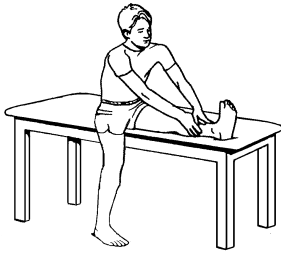


Step out and to the side. Lean slowly toward the side until a stretch is felt at the inner thigh of the straight leg.

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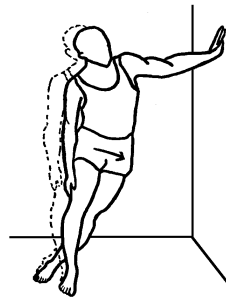
# HIP STRETCHING (CONT.)

## ❑ HAMSTRING STRETCH



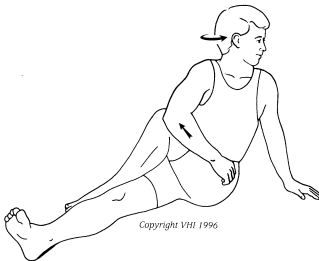
Sitting on the edge of a bed or bench, with one leg up horizontal and the other straight and on the floor. Keep the back straight and the knee flat, slowly lean forward at the hips.

## ❑ ITB STRETCH



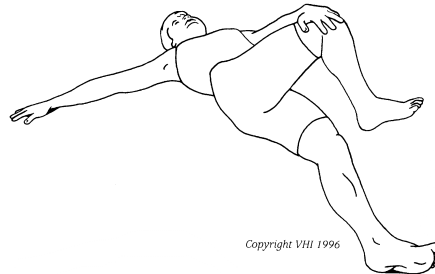
Cross one leg over other as shown. Lean in toward the wall or stable object until you feel a stretch from the outside of the hip towards the knee.

## ❑ CROSS OVER STRETCH



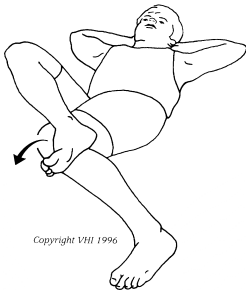
Cross leg over other as shown. Use opposite elbow or hand to pull the knee and hip across the body.

## ❑ HIP EXTERNAL ROTATION STRETCH



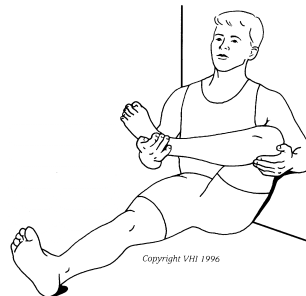
Lie on back and bend knee as shown. Use opposite hand to pull knee across the body and down towards the floor.

## ❑ HIP EXTERNAL ROTATION STRETCH



Lie on back and bend knee as shown. Use opposite foot to pull knee across the body and down towards the floor.

## ❑ HIP EXTERNAL ROTATION STRETCH



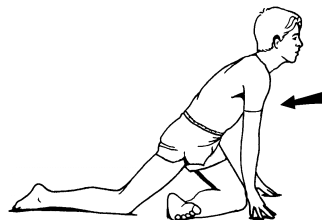
Lie on back and bend knee as shown. Use opposite hand to pull knee across the body and down towards the floor.

## ❑ HIP INTERNAL ROTATION STRETCH



Lie on back with ankle resting on opposite knee. Pull the knee up and rotate the foot in.

## ❑ GLUTEAL STRETCH

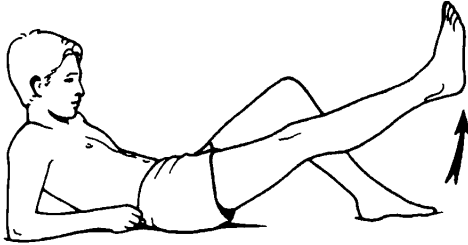


One leg behind and the other rotated inward. Slowly rock back until you feel a stretch in the buttock on the side of the rotated leg.

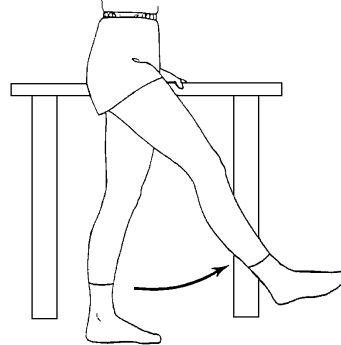
# HIP STRENGTHENING EXERCISES

HOLD EACH CONTRACTION \_\_\_ SECONDS. DO \_\_\_ REPETITIONS, \_\_\_ SETS, \_\_\_ DAYS PER WEEK.

## HIP FLEXION

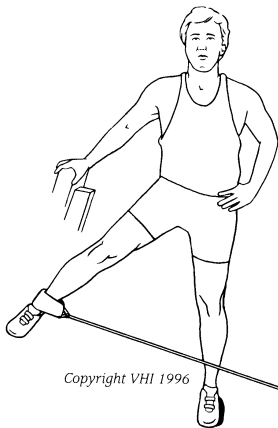


*Straight Leg Raises* - One leg bent, the other straight. Tighten the straight leg muscles, locking the knee and raise the heel 6 to 8 inches. Ankle weights may be added.

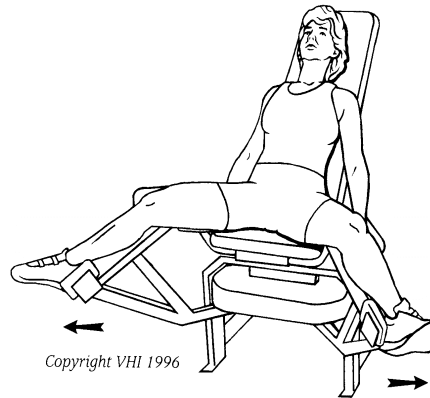


*Standing Front Leg Raises* - Hold something stable for balance. Tighten the thigh muscles, lock the knee & lift forward about 45 degrees. Ankle weights may be added for resistance.

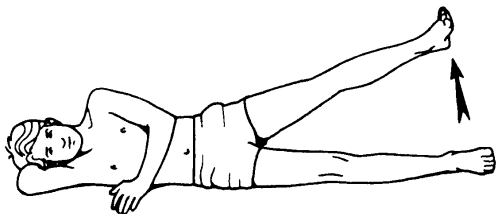
## HIP ABDUCTION



*Standing Hip Abduction* - Using rubber tubing or cable attached at the ankle. Tighten the leg and push to the outside.

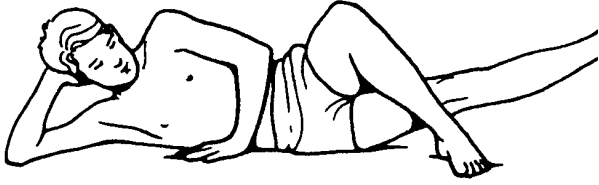


*Hip Abduction Machine* - Tighten the thighs and slowly push knees apart.

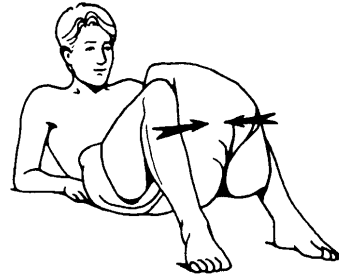


*Side Lying* - Lie on the opposite side. Tighten the top leg, lock the knee, & slowly raise the foot about 12 inches. Ankle weights or rubber tubing can be added to increase difficulty.

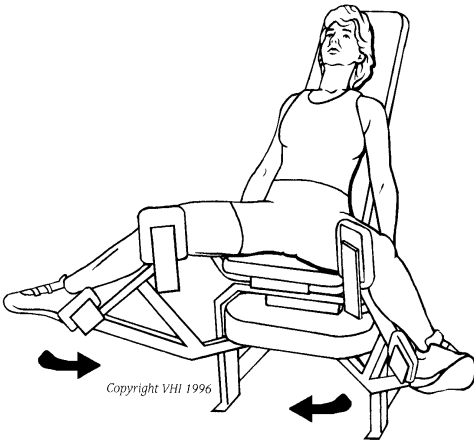
## HIP ADDUCTION



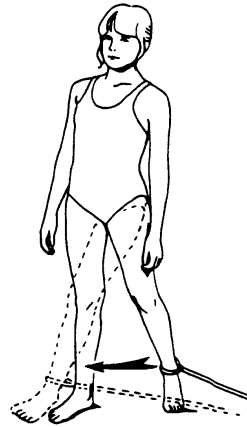
❑ *Side Lying* - Lie on the same side your exercising. Place the top foot in front. Tighten the bottom leg, lock the knee straight, slowly raise the foot about 6 inches. Ankle weights can be added to increase difficulty.



❑ *Pillow Squeeze* - On your back with the hips and knees slightly bent and a pillow between the thighs. Gently squeeze the pillow with the thighs, pause, relax and repeat.

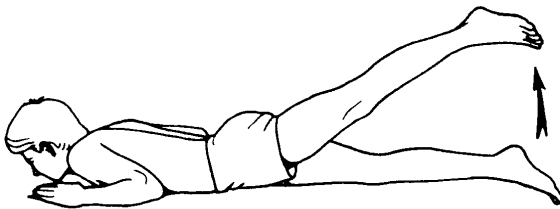


❑ *Hip Adduction Machine* - Using the Hip Adduction machine, tightening the thigh and then squeeze the knees together.



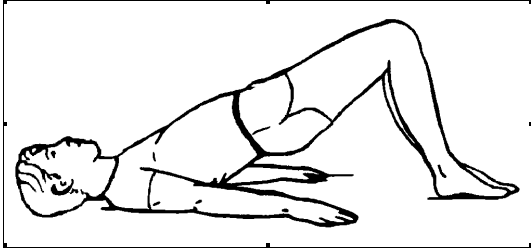
❑ *Standing Hip Adduction* - Using rubber tubing or cable attached at the ankle. Tighten the leg, pull to the inside and pause.

## HIP EXTENSION

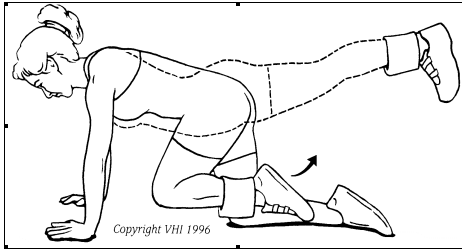


❑ *Stomach Extensions* - Lie on your stomach. Tighten your leg, trunk and gluteal muscles. Keeping your knee straight, slowly raise your foot 8 to 12 inches. Ankle weights or rubber tubing can be added to the ankle to increase the difficulty.

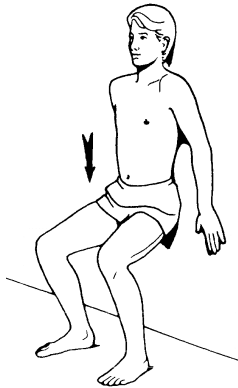
## HIP EXTENSION (CONT)



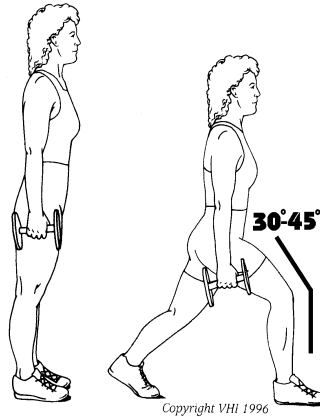
❑ *Bridging* - Lying on your back. Start with your hips and knees bent and your feet flat. Tighten your gluteal muscles, press down, lift the hips, and pause.



❑ *Kneeling Hip Extension* - Start on hands and knees. Alternate bringing one leg up and back from the hip. Ankle weights can be added to increase the difficulty.

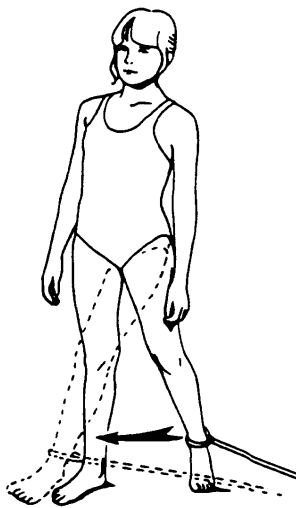


❑ *Wall Slides* - With your back against a wall and your feet about twelve inches from the wall, slowly squat. Keep your knees over or behind your feet. Stop and hold at a 30 to 45 degree knee bend, pause and rise up slowly.

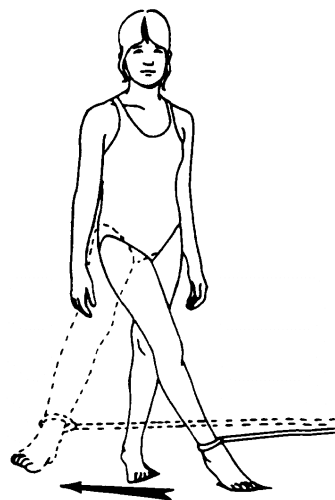


❑ *Lunges* - Plant the foot straight with the knee perpendicular over the foot. Don't let the knee come forward of the foot. Limit the bend to the pain free range, (about 30-45 degrees).

## STANDING HIP DIAGONALS



❑ *Forward Diagonals* - Using rubber tubing or a cable machine attached at the ankle. Tighten the leg and pull forward to the inside and across the body.



❑ *Rear Diagonals* - Using rubber tubing or a cable machine attached at the ankle. Hold something stable for balance. Tighten the leg and pull behind and to the rear.

