

Notes :

Hip Series:

Perform all exercises without rest before switching to opposite side.
Begin with 3 reps 2-3X and progress to 15 reps each.

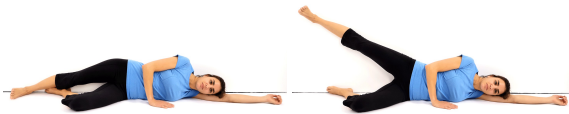
1 Clamshell (abd./ext. rot.)



Lie on your side with both legs slightly bent.
Lift your top leg, keeping your pelvis stable, your leg slightly bent and your heels together.
Rotate your hip so that your foot and your kneecap are pointing upward during the movement.
Return to the initial position and repeat.
Repeat on both sides.

Sets: 2-3 Reps: 3-15 Freq: 2-3X a week Hold: 2-5 seconds

2 Hip abduction against wall



Lay on your side with your back supported against a wall and the top leg straight, toes pointing forward and the heel against the wall. Your pelvis is straight.
Activate your outside butt muscle to then bring your leg straight towards the ceiling about 1 foot.
Return to starting position.
Your back, pelvis and heel should stay flat against the wall.

Sets: 2-3 Reps: 3-15 Freq: 2-3X a week Hold: 2-5 seconds

3 Side lying hip flexion



Lie on your side with your legs together and head supported on your forearm. Put the top arm in front for balance if needed.
Move your top knee as far as possible toward your chest.
Return to the starting position, squeezing your butt on the way back.
Your pelvis should not rotate forward and your top leg should remain parallel to the floor.

Sets: 2-3 Reps: 3-15 Freq: 2-3 X a week

4 Hip abduction



Lay on your side with your head supported and lower leg bent.
Lift the top leg up to about 45 degrees, keeping the foot parallel to the ground and the thigh aligned with the body. Your pelvis should not rotate.

Sets: 2-3 Reps: 3-15 Freq: 2-3X a week Hold: 2-5 seconds

5 Side lying bicycle

Lie on your side in a 90/90 position (knees and hips bent to 90 °).
Move your leg as if you were peddling a bike. Then repeat the same in the
opposite direction.



Sets: 2-3 Reps: 3-15 Freq: 2-3 X a week

6 Abduction/hip circles

Lie on your side and place the bottom leg at 90 degrees of hip and knee flexion.
Lift one leg and create circles with the leg as if you were going around a clock.
This movement can be performed in both directions.
Return and repeat.



Sets: 2-3 Reps: 3-15 Freq: 2-3 X a week

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GEN2470



2 Hip abduction against wall

Sets: 2-3 Reps: 3-15 Freq: 2-3X a week Hold: 2-5 seconds

GEN313069



3 Side lying hip flexion

Sets: 2-3 Reps: 3-15 Freq: 2-3 X a week

GEN105412



4 Hip abduction

Sets: 2-3 Reps: 3-15 Freq: 2-3X a week Hold: 2-5 seconds

XGEN1684



5 Side lying bicycle

Sets: 2-3 Reps: 3-15 Freq: 2-3 X a week

GEN197391



6 Abduction/hip circles

Sets: 2-3 Reps: 3-15 Freq: 2-3 X a week

GEN2475