

Hip Strengthening Program



STRAIGHT LEG RAISE 2 - SLR

While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time.



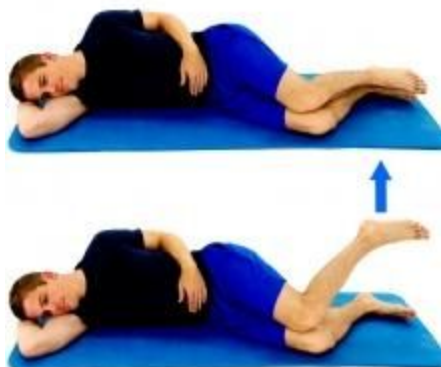
STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground.



SIDELYING REVERSE CLAMS

While lying on your side with your knees bent, raise your top foot towards the ceiling while keeping contact of your knees together. Then, lower back down to original position.

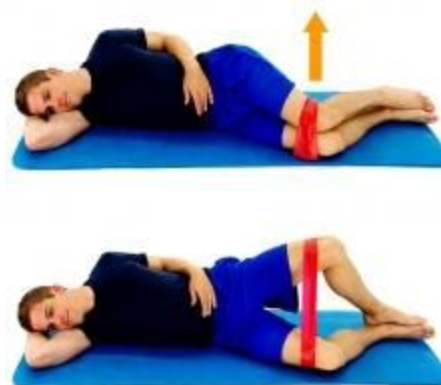
Do not let your pelvis roll forward during the lifting movement.



CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.



ELASTIC BAND - SIDELYING CLAM-

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.



SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS

Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.



HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time.

The top leg should be bent at the knee and your foot planted on the ground supporting your body.



QUARUPED HIP EXTENSION

Start in a crawl position and then raise your leg up behind you as shown. Keep your knee bent at 90 degrees the entire time.



ELASTIC BAND - HIP INTERNAL ROTATION

Start with an elastic band attached at your ankle from the side.

Next, pull away from your other leg while keeping your thigh from moving across the table.



ELASTIC BAND FORWARD WALKS - MONSTER WALK

With an elastic band around both ankles, walk forward while keeping your feet spread apart. Keep your knees bent the entire time.



ELASTIC BAND LATERAL WALKS

With an elastic band around both ankles, walk to the side while keeping your feet spread apart. Keep your knees bent the entire time.