**HIP STRETCHING**

**EXERCISES**

*Hold 20-30 seconds, do 3-5 repetitions.*

- **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.
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.

- **Crossover 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 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**

**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.