

Exercises for the Hip

Gluteal Sets:

Lie on your back, tighten buttocks and hold for 3-5 seconds. Repeat 20 times.



Supine Hip ER/IR:

Lie on your back with legs straight. Gently rotate knees out and in limited by pain. Repeat 20 times.



Prone Hip ER/IR:

Lie on your stomach with knees bent up to 90 degrees. Gently let your feet drop out to the point of pain or tightness. Repeat 20 times.



Uninvolved Knee to chest:

Lie on your back and draw the uninvolved knee to your chest with your arms. Hold for 20 seconds and release. Repeat 3-5 times.



Thomas test:

Sit at the edge a bed or table and roll onto your back with your knees pulled up to your chest. Slowly lower the operated leg until you feel a stretch in front of the hip. Hold for 20 seconds. Repeat 3-5 times.



Kneeling Hip Flexor Stretch:

Kneel on your operated leg with the uninvolved leg bent in front. Tighten your abdominals to tilt your pelvis back. A stretch should be felt in front of the hip or thigh. Hold 20 seconds. Repeat 3-5 times.



Bridging:

Lie on your back with knees bent and feet flat on the floor. Tighten your abdominals and lift hips off the floor. Hold for 2 seconds and return to start. Repeat 3 sets of 10 repetitions.



Single Leg Bridging:

Starting position as with double leg bridge. Lift the uninvolved leg off the floor so that your hip is flexed to 90 degrees. Lift your hips up keeping your pelvis level. Repeat 3 sets of 10 repetitions.



Wall Slides

Stand upright with your back and buttocks touching a wall. Place the feet about 12 inches apart and about 8 inches from the wall. Slowly lower your hips by bending the knees and slide down the wall until the knees are flexed about 45 degrees (illustration). Pause five seconds and then slowly slide back up to the upright starting position.



Hook-lying Hip IR/ER

Lie on your back knees bent and feet flat on the floor. Gently rotate knees out and in limited by pain. Repeat 20 times.



Stool Rotations

Stand on your no-operated leg and gently rest the knee of the operated leg on a stool or swivel chair. Gently rotate foot out and in limited by pain. Repeat 20 times.



Quadruped Rocking

Start on your hands and knee with your back flat. Gently rock forward and backward trying to get close to sitting on your heels. Limit as pain allows. Repeat 20 times



Mini Squats

Standing with your feet shoulder width apart, slowly lower yourself in a squat while keeping your head over your feet and bending at the hips and knees and then slowly return to the standing and starting position.



Clam Shell

Lie on your uninvolved side with hips and knees bent to about 45 degrees. Keeping your heels together, gently rotate the knee of your operated leg towards the ceiling. Do not let your pelvis rotate backwards. Repeat 3 sets of 10



Hip Abduction

Lie on your unoperated side. Keep the knees fully extended. Raise the operated limb upward to a 45 degree angle as illustrated. Hold one second, then lower slowly.



Side Stepping

Stand with feet shoulder width apart with hips and knees slightly bent. Step sideways with your leading leg against exercise band resistance. Slowly bring the trailing leg up to the lead leg.



Step downs / Step Ups

Place the foot of the single limb on a step or stool. Standing sideways to the step on the single-leg, maintain balance if necessary, by lightly holding onto something.

Keeping an upright posture and bending only at the

Knee and hip, slowly lower the opposite foot to touch the floor. Do not land on the floor, just touch gently and repeat the step up motion, maintaining constant muscle activity. Keep the back straight and do not let your hips go backward.



Single Leg Stance Balance with Band

Stand on your operated leg keeping your abdominals tight and pelvis level. Pull down against the exercise band controlling your body position. Repeat 3 sets of 10



Single leg Squat and Reach

Standing on your operated leg, perform a squat and reach by bending your hip and knee keeping the back straight. Reach forward to bend at the hips. Repeat 3 sets of 10



Bridge on Ball

Lie on your back with your heels on an exercise ball. Tighten your abdominals and lift your hips off the floor to make a bridge. Repeat 3 sets of 10



Bosu Squats

Stand on the flat side of a BOSU ball with feet shoulder width apart. Bend from the hips. Try to keep your back straight.



Cable Rotations Double, Single

Stand sideways to a cable column. Gripping the handle with both hands, rotate away keeping your trunk steady and rotating through the hips. Repeat in the opposite direction. Repeat 3 sets of 10



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