

# Hip Home Program

## 1. Hamstrings Stretch



- Lying on your back, lift a leg up and place a towel behind the lower leg. Pull on the towel to bring the leg toward your body while keeping your stretched leg straight.
- Relax the upper body while doing this stretch.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 2. Quad Stretch



- Lie on your stomach and place a towel or belt around your ankle.
- Bend your knee by pulling on the towel with your arms until you feel a stretch.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 3. Figure 4 Stretch



- Lie on your back and have one leg bent.
- Place the ankle of the opposite leg over the knee in figure 4 position.
- Using both hands, grab the ankle and the back of the knee.
- Pull the knee towards chest gently until you feel a gentle stretch at the buttock of the elevated leg.
- Maintain the stretch and relax.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 4. Butterfly stretch



- Sit down and bring your heels together as close as possible to your hips.
- Grab the forefoot with your hands to pull the torso forward to feel a comfortable stretch in the groin/inner thigh.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

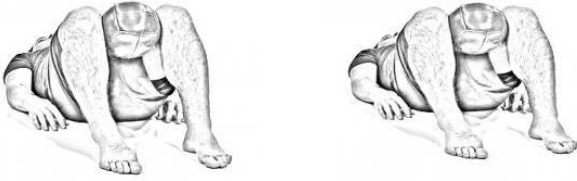
## 5. IT Band stretch



- While standing on the involved leg, cross your opposite leg in front then push the hips out to the side until a stretch is felt on the outside of the hip.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**6.**  
Adduction



- Lying on back with knees bent to 90 degrees.
- Place ball between knees with feet in line with knees.
- Squeeze ball by squeezing knees together.
- Return and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

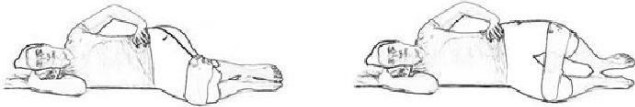
**7.**  
Abduction



- Lie on a bed or a firm surface and loop a belt around thighs above the knees and push out against the belt.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

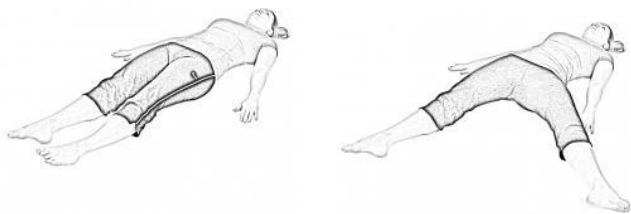
**8.** Clams



- Lay on your side with a band around your thighs, just above your knees.
- Your hips should be flexed slightly and your head supported.
- Keep your feet together and open the top knee to externally rotate the hip.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

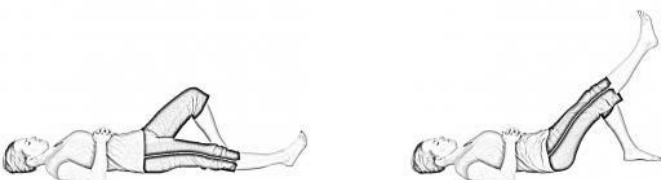
**9.** Hip  
Abduction



- Lie on your back and open one leg on the side then close back.
- Make sure that the knee is always facing up during the movement.
- \*Bend un-involved knee to eliminate back discomfort

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**10.** Straight Leg  
Raise: Flexion



- Lie on your back with one knee bent and the affected leg completely straight.
- Lift your leg off the bed to 45 degrees keeping it straight.
- Lower the leg to starting position and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**11. Straight Leg  
Raise: Abduction**



Lie on your side with your bottom leg bent in front.

- Lift up your top leg keeping it straight and your pelvis stable. Once you reach the maximum range without any movement of your pelvis.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**12. Straight Leg  
Raise: Adduction**



- Lie on your side with the bottom leg (affected leg) straight and the top leg bent in front with your foot flat on the floor.
- Lift up the bottom leg keeping straight and the pelvis stable. The foot and the knee cap are pointing forward during movement.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**13. Strengthening  
Extension**



- Lie on stomach and bend one knee to 90° degrees.
- Keeping abs and glutes tight elevate your thigh from the floor without arching the back.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

**14. Bridge**

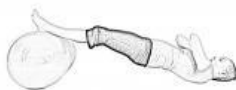


- Lay down on your back with knees bent and a ball or pillow between them.

- Squeeze the glutes and contract the abdominals to lift the hips off the ground. As you lift, squeeze the ball or pillow between the legs.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

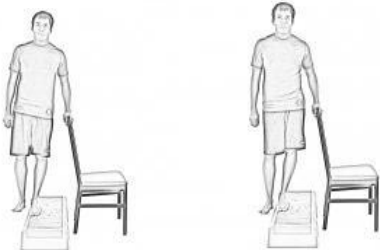
**15. Ham Curl  
with Ball**



- Lie on your back with your legs straight and ankles on a stability ball.
- Press heels down into the ball, lifting your hips off the ground, and then bend your knees to pull ball up toward your buttocks.
- Return ball to starting position and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

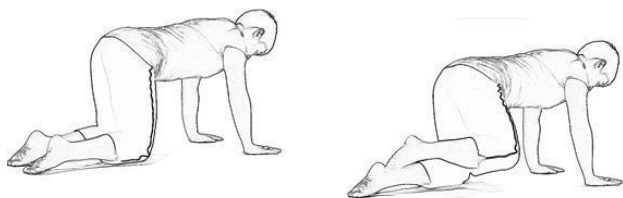
## 16. Hip Hike



- Standing on a step with one foot off the side, holding a pole or chair.
- Slowly lower your hip and leg towards the floor.
- Slowly lift your hip towards the ceiling as high as possible without letting the other hip drop out.
- Keep both knees straight.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 17. Hydrants



- In a four point position with hands directly under the shoulders and the knees under the hips.
- Slowly lift one knee to the side to 90° degrees, keeping chin-in, shoulders back and pelvis stable.
- Lower the knee and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

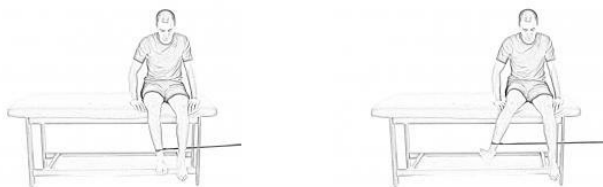
## 18. Sidestep with Band



- Start in a squat position with a band around your ankles.
- Keeping the band taut at all times, step to the side.
- Push the knees out while taking the steps so they don't cave in.
- Each step is about 50% of the starting position stance.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 19. Internal rotation



- Attach an elastic to a secure object at ankle level.
- Sit with the knees at 90° and loop the elastic around the outside ankle, then pull the ankle outward keeping the hips level and pelvis solid.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

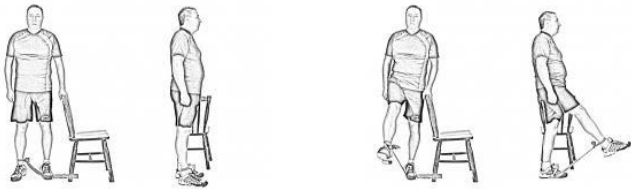
## 20. External Rotation



- Seated in a chair with a weight around your ankle or attach elastic to stable object and other end around foot.
  - Rotate your leg towards the inside.
  - Return and repeat.
- \*Opposite direction of previous exercise

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 21. Steamboat: Hip Flexion



- Anchor one end of a band in front of you at ankle height and loop the other end around the ankle.
- Standing upright, pull the leg forwards without bending knee.
- Return under control and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

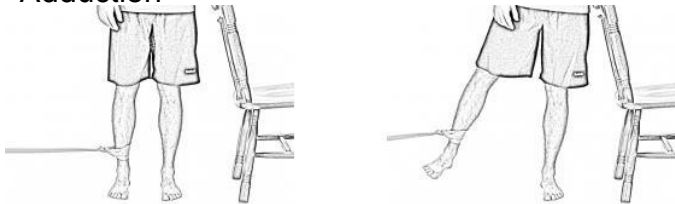
### 22. Steamboat: Hip Extension



- Anchor one end of a band in front of you at ankle height and loop the other end around the ankle.
- Standing upright, pull the leg back without arching the lower back or bending forward.
- Return under control and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

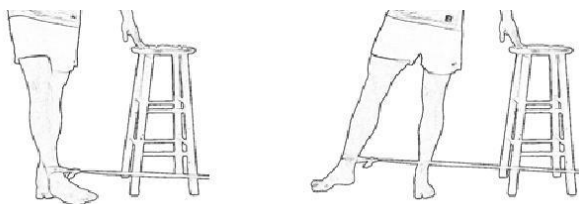
### 23. Steamboat: Hip Adduction



- Anchor one end of a band in front of you at ankle height and loop the other end around the ankle.
- Standing upright, pull the leg inwards without bending knee.
- Return under control and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 24. Steamboat: Hip Abduction



- Anchor one end of a band in front of you at ankle height and loop the other end around the ankle.
- Standing upright, pull the leg outwards without bending knee.
- Return under control and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_