



WEST IDAHO ORTHOPEDICS & SPORTS MEDICINE

Advanced Orthopedic Care Close to Home

Prepared for: _____

Prepared by: _____

Home Exercise Program for Hip Conditioning

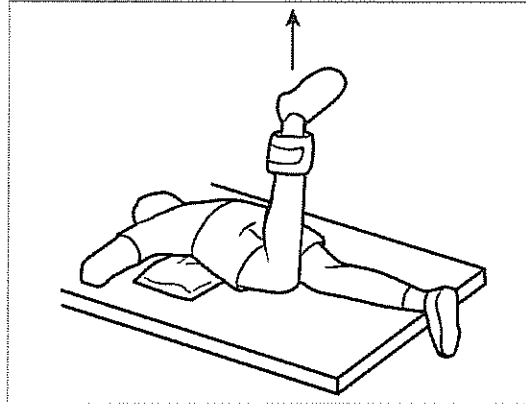
- Before beginning the conditioning program, warm up the muscles and the hip joint by riding a stationary bicycle or jogging for 10 minutes and performing leg swings as follows: While standing, swing one leg forward and backward 10 times and then side-to-side 10 times. Repeat with the opposite leg. Place one hand against a wall for balance if needed.
- When performing the stretching exercises, you should stretch slowly to the limit of motion, taking care to avoid pain. If you experience pain with the exercises, call your doctor.
- After performing the active warm-up and strengthening exercises, static stretching exercises should be performed to maintaining or increase flexibility.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week
Strengthening			
Hip extension (prone)	Gluteus maximus	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
Side-lying hip abduction	Gluteus medius	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
Internal hip rotation	Medial hamstrings	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
External hip rotation	Piriformis	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
Stretching			
Seat side straddle	Adductor muscles Medial hamstrings Semitendinosus Semimembranosus	4 repetitions/2 to 3 sets	Daily
Modified seat side straddle	Hamstrings Adductor muscles	4 repetitions/2 to 3 sets	Daily
Leg stretch	Hamstrings	4 repetitions/2 to 3 sets	Daily
Sitting rotation stretch	Piriformis External rotators Internal rotators	4 repetitions/2 to 3 sets	Daily
Knee to chest	Posterior hip muscles	4 repetitions/2 to 3 sets	Daily
Leg crossover	Hamstrings	4 repetitions/2 to 3 sets	Daily
Cross overstand	Hamstrings	4 repetitions/2 to 3 sets	Daily
Iliotibial band stretch	Tensor fascia	4 repetitions/2 to 3 sets	Daily
Quadriceps stretch (prone)	Quadriceps	4 repetitions/2 to 3 sets	Daily

Strengthening Exercises

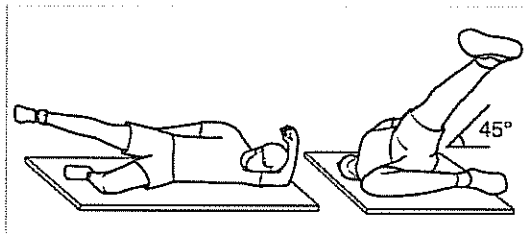
Hip Extension (Prone)

- Lie face down with a pillow under your hips and one knee bent 90°. Elevate the leg off the floor, lifting the leg straight up with the knee bent.
- Lower the leg to the floor slowly, to a count of 5. Ankle weights should be used. Start with weight light enough to allow 6 to 8 repetitions and work up to 12 repetitions.
- Repeat on the other side.
- Perform the exercise 2 to 3 days per week.
- Once you have worked up to 12 repetitions, add as much weight as can be lifted only 8 times, working up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.



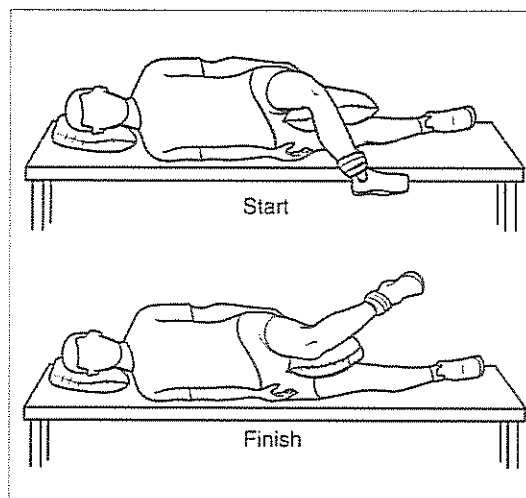
Side-Lying Hip Abduction

- Lie on your side while cradling your head in your arm. Bend the bottom leg for support.
- Slowly move the top leg up and back to 45°, keeping the knee straight. Lower the leg slowly, to a count of 5, and relax it for 2 seconds. Ankle weights should be used, starting with weight light enough to allow 6 to 8 repetitions, working up to 12 repetitions.
- Repeat on the other side.
- Perform the exercise 2 to 3 days per week.
- Once you have worked up to 12 repetitions, add as much weight as can be lifted only 8 times, working up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.



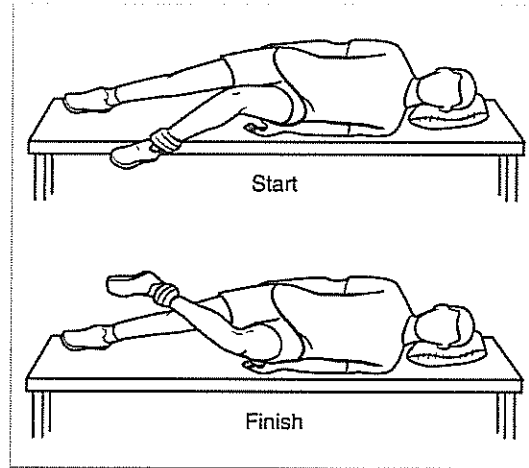
Internal Hip Rotation

- Lie on your side on a table with a pillow between your thighs. Bend the top leg 90° at the hip and 90° at the knee.
- Start with the foot of the top leg below the level of the top of the table; lift to the finish position, which is rotated as high as possible.
- Lower the leg slowly, to a count of 5. Ankle weights should be used, starting with weight light enough to allow 6 to 8 repetitions, working up to 12 repetitions.
- Repeat on the other side.
- Perform the exercise 2 to 3 days per week.
- Once you have worked up to 12 repetitions, add as much weight as can be lifted only 8 times, working up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.



External Hip Rotation

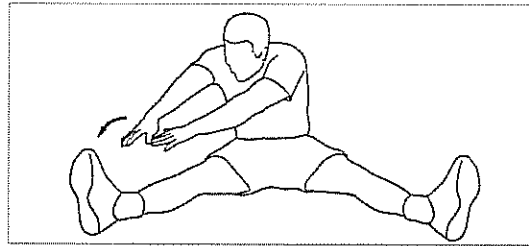
- Lie on your side on a table with the bottom leg bent 90° at the hip and 90° at the knee.
- Start with the foot below the level of the top of the table; lift to the finish position, which is rotated as high as possible.
- Lower the leg slowly, to a count of 5. Ankle weights should be used, starting with weight light enough to allow 6 to 8 repetitions, working up to 12 repetitions.
- Repeat on the other side.
- Perform the exercise 2 to 3 days per week.
- Once you have worked up to 12 repetitions, add as much weight as can be lifted only 8 times, working up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.



Stretching Exercises

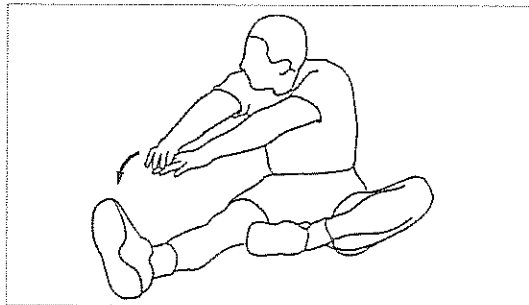
Seat Side Straddle

- Sit on the floor with your legs spread apart.
- Place both hands on the same ankle and bring your chin as close to your knee as possible. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.
- Repeat the sequence 4 times, performing 2 to 3 sets daily.



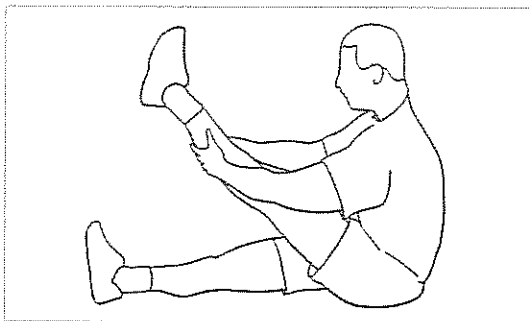
Modified Seat Side Straddle

- Sit on the floor with one leg extended to the side and the other leg bent as shown.
- Place both hands on the ankle of the extended leg and bring your chin as close to your knee as possible. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Reverse leg positions and repeat on the other side.
- Repeat the sequence 4 times, performing 2 to 3 sets daily.



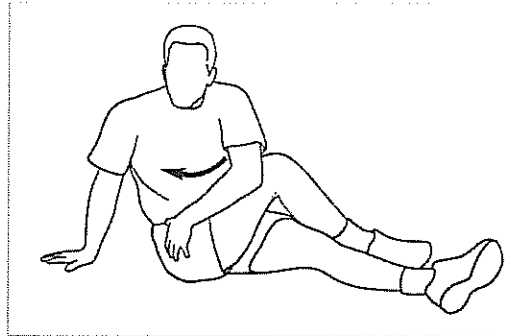
Leg Stretch

- Sit on the floor with your legs straight and your hands grasping the calf of one leg.
- Slowly lift and pull the leg toward your ear, keeping your back straight and the other leg flat on the floor or bent slightly if necessary for comfort. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other leg.
- Repeat the sequence 4 times.
- Perform 2 to 3 sets daily.



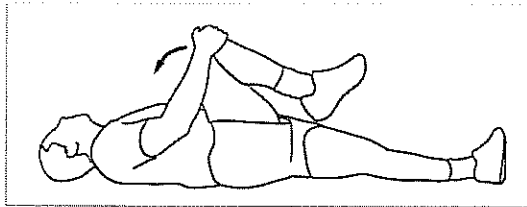
Sitting Rotation Stretch

- Sit on the floor with both legs straight out in front of you.
- Cross one leg over the other, place the elbow of the opposite arm on the outside of the thigh, and support yourself with your other arm behind you.
- Rotate your head and body in the direction of the supporting arm. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Reverse positions and repeat the stretch on the other side.
- Repeat the sequence 4 times.
- Perform 2 to 3 sets daily.



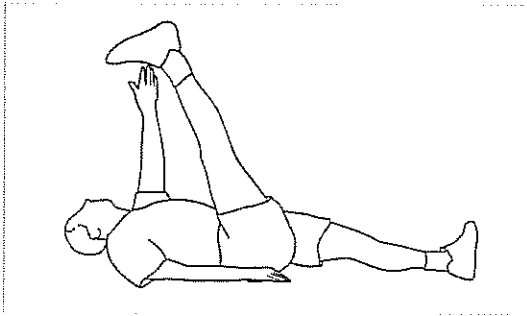
Knee to Chest

- Lie on your back on the floor with your knees bent and your heels flat on the floor.
- Grasp one knee and slowly bring it toward your chest as far as it will go. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other leg; then do both legs together.
- Repeat the sequence 4 times.
- Perform 2 to 3 sets daily.



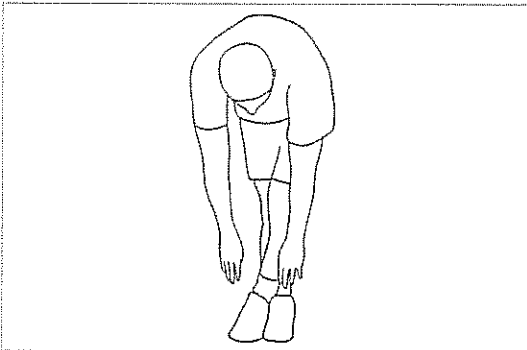
Leg Crossover

- Lie on the floor with your legs spread and your arms at your sides.
- Keeping the leg straight, bring your right toe to your left hand.
- Try to keep the other leg flat on the floor, but you may bend it slightly if needed for comfort. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the left leg and the right hand.
- Repeat the sequence 4 times. Perform 2 to 3 sets daily.



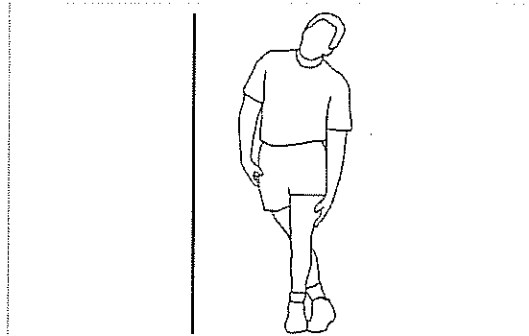
Crossover Stand

- Stand with your legs crossed, with your feet close together and your legs straight.
- Slowly bend forward and try to touch your toes. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the position of the legs reversed.
- Repeat the sequence 4 times.
- Perform 2 to 3 sets daily.



Iliotibial Band Stretch

- Stand next to a wall for support.
- Begin with your weight distributed evenly over both feet, and then cross one leg behind the other.
- Lean the hip of the crossed-over leg toward the wall until you feel a stretch on the outside of the leg. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat on the opposite side.
- Repeat the sequence 4 times.
- Perform 2 to 3 sets daily.



Quadriceps Stretch (Prone)

- Lie on your stomach with your arms at your sides and your legs straight.
- Bend one knee up toward your buttocks and grasp the ankle with the hand on the same side.
- Pull on the ankle. Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat on the opposite side.
- Repeat the sequence 4 times.
- Perform 2 to 3 sets daily.

