

HIP STRENGTHENING

Created by PhysioLogic Physical Therapy Mar 3rd, 2023

View at www.my-exercise-code.com using code: H2WP8WT



Start by lying on your back with the soles of your feet touching each other and your arms to your sides for support.



Next, press down with your legs and raise your buttocks up off the floor into a bridge position as shown.

Hold then, lower your buttocks to the ground back to the starting position and repeat.

Repeat 15 Times

Hold 3 Seconds

Complete 3 Sets

Perform 1 Times a Week

SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown.



Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time.

Repeat 10 Times

Hold 5 Seconds

Complete 2 Sets

Perform 1 Times a Week



Resisted Hip Flexion

Start by standing hip width apart to keep tension within the band. Squeeze your glutes and core to keep a strong position. Drive one knee up towards your chest without letting your core or glutes disengage. Keep the tension in the band hip-width apart or more throughout the movement.

Repeat 10 Times

Hold 5 Seconds

Complete 3 Sets

Perform 1 Times a Week



HEAVY DUMBBELLS - SUMO SQUAT

Stand with feet a little wider than shoulder-width apart. Hold the end of a dumbbell with both hands as shown.

Bend your knees and lower your body towards the floor to perform a squat. Keep your back straight and hinge at the hips.

Your body weight should mostly be directed through the heels of your feet. Knees should bend in line with the 2nd toe and not pass beyond the toes.

Return to a standing position pressing through the heels. Repeat.

Repeat 10 Times

Hold 2 Seconds

Complete 4 Sets

Perform 1 Times a Week



Crab Walk (Hip Abduction walk with band)

Stand with band around ankles and feet spread about shoulder width apart, with tension on band. Slowly step out to side, maintaining band tension, then return to start position.

Repeat across 15-20 feet, 3-4 times

Repeat 10 Times

Complete 5 Sets

Perform 1 Times a Week



Seated Straight Leg Hip Flexion

Keeping your back flat against a solid surface or wall, keep your legs straight in front of you.

Engage your core, press your back flat against the surface.

Point your toes up towards the ceiling, squeeze your quads to straighten your knee as much as possible and lift your straight leg up without losing form.

Hold for 2 seconds before relaxing back down to the floor.

Repeat 8 Times

Hold 2 Seconds

Complete 3 Sets

Perform 1 Times a Day