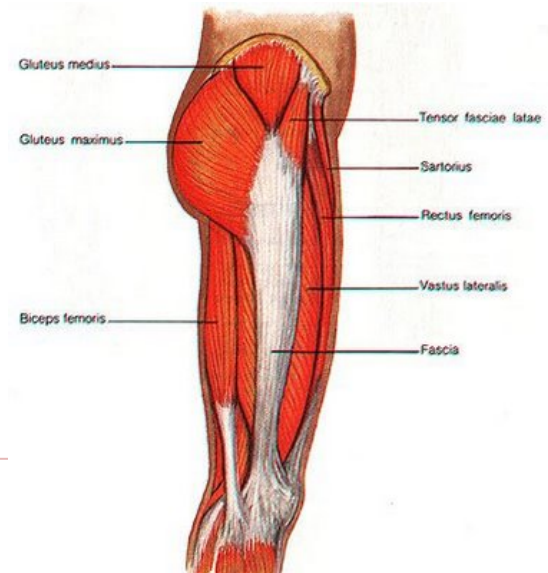




## Hip Strengthening *PROTOCOL*

### BACKGROUND

- **Description**
  - Hip muscles provide stability to the upper and lower extremity during activity
  - Are the main source of power for quick propulsive movements
- **Causes:**
  - Injury can occur due to weakness, overuse and strength imbalances
- **Protocol:**
  - These exercises provide a broad spectrum to target the majority of muscles of the hip.



### STRENGTHENING EXERCISES:



#### *Clam Shell*

Patient lies on their side with knees bent 90 degrees.  
Keeping feet together, slowly raise knee towards the ceiling  
Squeeze gluteal muscles.  
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets 3 times per week.  
**Goal:** *Increase glute medius strength*



#### *Double Leg Bridge*

Lie on back with both knees bent 90 degrees on the floor.  
Slow raise hips up towards the ceiling  
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets. 3 times per week  
**Goal:** *Increase gluteal strength*



#### *Single Leg Bridge*

Lie on back with one leg knee bent 90 degrees on the floor.  
Pull the other knee towards chest.  
Maintaining this position, push foot into ground and raise hips up  
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets. 3 times per week  
**Goal:** *Increase gluteal strength*



# Hip Strengthening *PROTOCOL*

STRENGTHENING EXERCISES:



## *Hip Adduction*

Patient lies on their side  
Flex the upper leg forward  
Slowly raise the lower leg towards the ceiling.  
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets. 3 times per week  
**Goal:** *Increase hip adductor strength*



## *Hip Abduction*

Patient lies on their side  
Keep body in a straight line  
Slowly raise the upper leg towards the ceiling.  
Avoid rotating the leg.  
Hold 5 sec. Repeat 10-15 times

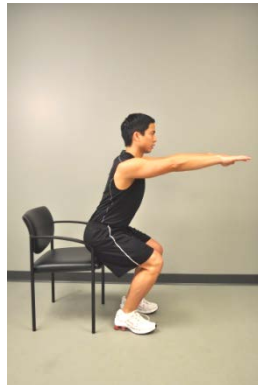
**Frequency:** 3 sets. 3 times per week  
**Goal:** *Increase hip abductor strength*



## *Bridge on Physioball*

Patient lies on their back with feet on a ball  
Keep body in a straight line  
Slowly pull heels towards your buttocks  
Hold 5 sec. Repeat 10-15 times

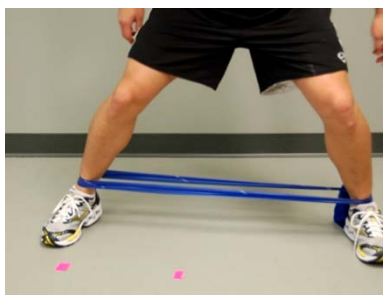
**Frequency:** 3 sets. 3 times per week  
**Goal:** *Increase extensor strength*



## *Chair squat*

Patient stands in front of a chair.  
With feet shoulder width apart  
Slowly squat down until the chair is felt.  
Push through you heels and return to starting position

**Frequency:** 3 sets 10-15. 3 times per week  
**Goal:** *Increase leg strength*



## *Lateral Slides*

Place theraband around both ankles.  
Stand with knees and hips slightly bent.  
Take a 6-8 inch step to the side, followed by the other foot.  
Repeat 10 times both directions

**Frequency:** 3 sets 3 times per week  
**Goal:** *Increase hip strength*



# Hip Strengthening *PROTOCOL*

STRENGTHENING EXERCISES:



### *Monster Walk*

Place theraband around both ankles.  
Stand with knees and hips slightly bent.  
Take a 2-3ft step at a diagonal  
Continue until 20 steps are completed.

**Frequency:** 3 sets 3 times per week  
**Goal:** Increase hip strength

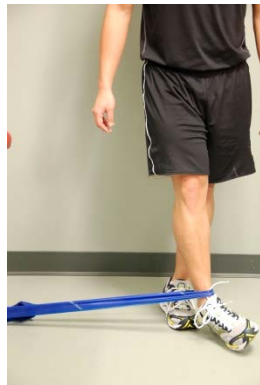
### *Hip Abduction*



### *Hip Flexion*



### *Hip Adduction*



### *Hip Extension*



### *Hip theraband exercises*

Attach theraband to a stable object  
Perform 3 sets of 10-15 repetitions. 3 times per week.



### *Pseudo Running Exercise*

Place theraband around ankle  
Flex hip up, then extend the leg.  
Slowly lower leg toward down  
Perform 10-15 repetitions

**Frequency:** 3 sets 3 times /week  
**Goal:** Increase hip strength