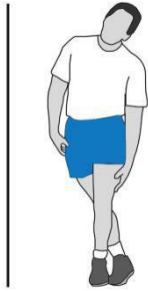




## HIP EXERCISES

### 1. Standing Iliotibial Band Stretch



- Stand near a wall for support
- Cross the leg that is towards the wall, behind your other leg.
- Lean your hip toward the wall, and feel a stretch at the outside of your hip. Hold the stretch for 30 seconds.
- Repeat with the other leg, then repeat the entire sequence 4 times.

### 2. Seated Rotation Stretch



- Sit on the floor with both legs spread straight in front of you. Cross one leg over the other.
- Slowly twist toward your bent leg, supporting with your hand behind you.
- Place your other arm on the side of your bent thigh and support it to twist further.
- Look over your shoulder and hold the stretch for 30 seconds. Come back to the center.
- Repeat on the other side. Repeat the entire sequence 4 times.

### 3. Knee to Chest



- Lie with your back on the floor.
- Lift one leg and bring your knee toward your chest. Grasp your knee or shin and pull your leg in as far as possible.
- Tighten your abdominals, pressing your spine to the floor. Hold for 5 seconds.
- Repeat on the other side. Then pull both legs in together. Repeat the sequence 10 times.



#### 4. Supine Hamstring Stretch



- Lie on the floor with both legs bent.
- Lift one leg off the floor and bring the knee toward your chest by clasping your hands behind your thigh below your knee.
- Straighten your leg and then pull it gently toward your head, until you feel a stretch.
- Hold this position for 30 seconds.
- Repeat it with the other leg.

#### 5. Hip Abduction (a)



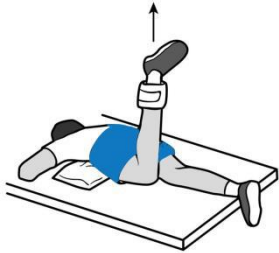
- Lie on your side with your injured leg on top and the bottom leg bent to support.
- Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked.
- Hold this position for 5 seconds.
- Gradually lower your leg and relax it for 2 seconds. Repeat.

#### 6. Hip Abduction (b)



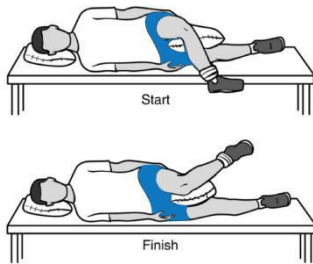
- Lie down on the floor on the side of your injured leg with both legs straight.
- Cross the uninjured leg in front of the injured leg.
- Raise the injured leg about 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower your leg and rest for 2 seconds. Repeat.

## 7. Hip Extension (Prone)



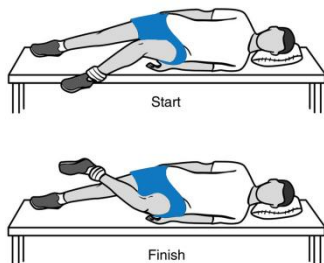
- Lie on your stomach on the floor with a pillow under your hips.
- Bend one knee at 90°.
- Lift your leg straight up.
- Gradually lower your leg down to the floor, counting 1 to 5.
- Repeat on the other side.

## 8. Internal Hip Rotation



- Lie on your side on a table with a pillow under your head and between your thighs.
- Bring your top leg forward and lower your foot so that it is below the tabletop.( refer - “start” position). Your bottom leg can be slightly bent for balance.
- Rotate your hip and lift your foot as high as possible (refer- “finish” position).
- Gradually lower your leg back to the “start” position, counting to 1 to 5.
- Repeat the exercise on the other side.

## 9. External Hip Rotation



- Lie on your side on a table with a pillow under your head for comfort. Place your lower arm in front of your body.
- Bring your bottom leg forward and lower your foot so that it is below the tabletop (refer “start” position). Your top leg must be straight to help you balance.
- Rotate your hip and lift your foot as high as possible (refer “finish” position).
- Slowly lower your leg back to the “start” position, counting 1 to 5.
- Repeat this on the other side.