

Hip Care Routine

Created by Adam Homolka, MPT, ART Oct 1st, 2019

View at "my-exercise-code.com" using code: YDZ9RTY



Clams

Lie on side with shoulders, hips and knees in a straight line. Keep ankles together and raise top knee off bottom knee.

SLOWLY return back down.

Complete on both legs.

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Week



Reverse Clams

Lie on your side with your shoulders, hips and knees are in a straight line. Raise the top foot toward the ceiling keeping your knees together.

SLOWLY return back down.

Complete on both legs.

Repeat 15 Times
Complete 2 Sets
Perform 2 Time(s) a Week



Jane Fonda

1. Start by lying on side
2. Lift leg up and slightly to behind
2. SLOWLY lower to starting position

Ensure foot stays parallel to ground at all times.

Complete on both legs.

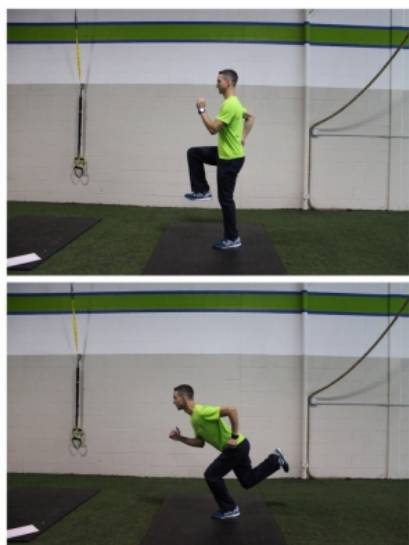
Repeat 15 Times
Complete 2 Sets
Perform 2 Time(s) a Day



Butterfly Bridge

Lying on your back with the bottom of your feet touching. Raise your hips up and squeeze buttocks muscles tight. Hold for 2-3 seconds, then lower SLOWLY and repeat.

Repeat 15 Times
Complete 2 Sets
Perform 2 Time(s) a Day



Single Leg Runner Squat

Stand on one leg with your opposite knee raised to hip level with a tall posture. As you begin the squat slowly swing your leg that was raised behind you. The key to this exercise is keeping your back straight.

Repeat 15 Times
Complete 1 Set
Perform 2 Time(s) a Week

Complete on both legs.



Hip Flexor Stretch

Kneel down into a lunge with your RIGHT knee on the ground. Tighten your stomach to tilt your pelvis backward slightly. Squeeze the glute of the RIGHT leg and raise the RIGHT arm overhead.

Repeat 4 Times
Hold 20 Seconds
Perform 1 Time(s) a Day

Complete with LEFT knee on the ground also.



Bent Knee Hip Extension

Lie on your stomach with one knee bent at 90 degrees and your ankle dorsiflexed (toes pulled toward shin)

With your knee bent, raise your thigh off the floor keeping your hip in contact with the ground.

Complete on both legs.



Repeat 15 Times

Complete 2 Sets

Perform 2 Time(s) a Week