

Home Exercise Program

1. Hip: Standing Abduction with Resistance



Sets: 2 Reps: 15

- Stand tall in front of a table or chair.
- Tie a ___lbs weight around your right ankle.
- Using the chair or table to assist balancing on your left leg, lift your right leg out to the side with your knee straight.
- Hold for __seconds.
- Lower your leg.
- Repeat with resistance on left leg.

PROGRESSION: Repeat with a strap tied around your thighs or a heavier weight tied on your ankles.

2. Hip: Standing Extension with Resistance



Sets: 2 Reps: 15

- Stand tall beside a table or chair.
- Strap a _lb weight on your left leg.
- Using the chair or table to assist balancing on your left leg, bring your right leg up behind you with your knee straight.
- Hold for _ seconds
- Lower your leg.
- Repeat with resistance on left leg.

NOTE: Keep your body straight while you lift your leg up. Do not bend forward.

3. Hip: Standing Flexion with Resistance



Sets: 2 Reps: 15

- Stand with a weight attached to your ankle and hold onto a stable object for support.
- Raise your knee by bending your hip and keeping your pelvis still.
- Lower your knee to the starting position.
- Relax and repeat as prescribed.

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4. Hip: Prone Extension/ Straight Leg Raise



Sets: 2 Reps: 15

- Lie on your stomach with your back in neutral position and your hands under your hips.
- Activate your lower abdominals by drawing in your belly button inward toward your spine.
- Maintain steady breathing while you tighten your buttocks and lift one leg up off of the floor approximately six inches
- Keep your leg straight and hips in contact with the floor.
- Return slowly to initial position and keeping your abdominals activated, repeat with other leg.
- Continue alternating legs.

5. Hip: Side Lying Hip Abduction



Sets: 2 Reps: 15

- Lying on the side of the non-involved leg, bend bottom leg and keep top leg straight.
- Bring heel slightly behind mid-line of body.
- Tighten buttocks and lift leg approx. 12-16 inches from the floor.
- Hold and return leg to starting position.
- Keep hips perpendicular to the floor.

6. Hip: Supine Resisted Hip Flexion (Straight Leg Raise)



Sets: 2 Reps: 15

- Tie a weight around the ankle of the affected leg.
- Lie on your back with your uninvolved knee bent, foot flat on the floor.
- Start with your involved leg straight (no bend in knee), toes pointed up toward the ceiling.
- Tighten the muscle on the front of your thigh as you lift your entire leg up approximately 45 degrees off the floor.
- Make sure that your leg remains straight throughout the entire lifting/lowering process.
- Slowly lower your leg to starting position, repeat.