

# Hip Strengthening Exercises

## Bridge Exercise with an Exercise Band Around Your Knees

Place an exercise band around your thighs above your knees. Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, return back down to the ground. Don't let your pelvis wobble as you move up and down. Hold your knees 4-6 inches apart.

Perform 2 sets of 10 repetitions once per day.



## Clamshell for External Hip Rotation

Lie on your side (with your spine in a neutral position) with your hips flexed and your feet together. Depending on your strength level, perform the exercise with or without an exercise band tied around your knees. Slowly raise your knee upward as far as you can without rolling your pelvis backward. Keep your core engaged. The only movement should be from your knee lifting up.

Perform 3 sets of 15-20 seconds holds once per day.



## Clamshell for Internal Hip Rotation

Lie on your side (with your spine in a neutral position) with your hips flexed and your feet together. Depending on your strength level, perform the exercise with or without an exercise band tied around your ankles. Slowly raise your foot upward as far as you can without rolling your pelvis backward. Keep your core engaged. The only movement should be from your ankle lifting up.

Perform 3 sets of 15-20 seconds holds once per day.



## Wall Squat – Starting Position

Stand with your pelvis, back, and head touching a wall. Your feet will be approximately hip width apart and far enough out from the wall. When you slide down, your knees will make a 90 degree angle. Make sure your knees track your feet, and you can see your toes. Try to have the knee track toward your second toe to insure proper alignment of the knees.



### Wall Squat with an Exercise Band

Place an exercise band around your thighs above your knees. It will help to increase the activation of the hip muscles. From your starting position, slowly lower your body down and hold for time. As you improve, lengthen the amount of time you hold the wall squat. Be sure to keep your pelvis, back, and head against the wall. Keep the movement pain free.

Perform 2 sets of 15-20 repetitions once per day.



### Side Stepping with an Exercise Band

Tie the exercise band above your knees. Move into a slight squat position. Try to side step while keeping your feet facing forward. Move slowly, and try to keep your head at the same level.

Walk sideways for 20-30 feet. Return back again, but don't turn around.

Perform 2-3 sets once per day.



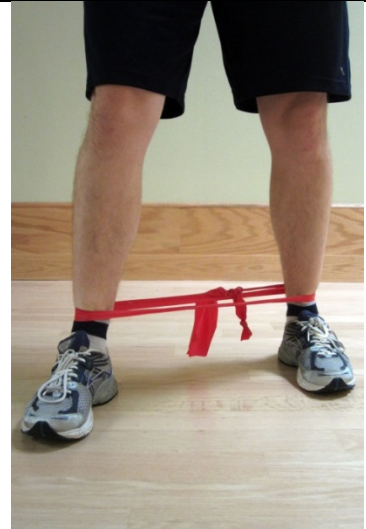
### Monster Walk with an Exercise Band – Stage 1

Tie the exercise band around your ankles. Make sure it is tight enough to prevent any slack in the exercise band.



### Monster Walk with an Exercise Band – Stage 2

With the exercise band tight, step forward. Keep your feet apart and your patella (knee cap) forward tracking in line with your second toe.



### Monster Walk with an Exercise Band – Stage 3

Continue to step forward. Make sure the exercise band is tight enough to prevent any slack. Keep your feet apart and your patella (knee cap) forward tracking in line with your second toe. Move slowly. You should feel this movement working the side of the thighs and buttocks.

Walk forward for 20-30 feet. Turn around, and then return back again.

Perform 1-2 sets once per day.

