

Hip Exercises

1. _____ **Hip Stretch Inner and Out**
Range. Lying on your back, hug your effected knee to your chest (as close as you can). Keep the other leg straight, and in contact with the bed. Trace a "C" with your knee from the inside to the outside.

Times/Day _____

Times/Day _____



2. _____ **Kneeing Hip Stretch with Pelvic Tilt.** Kneel onto your effected leg (use cushioning for your knee if necessary). Keep your thigh in line with your body. Tilt your pelvis such that your buttocks is tucked "under", while pushing your hip forward. Hold 15-30 seconds, repeat 3-5 times. (do not throw shoulders back)

Times/Day _____



3. _____ **Side-lying Thigh Stretch.** Lying on your side, grab the ankle of the upper leg, bend your knee, and pull your ankle towards your buttock. Keep your thigh in line with your body, and push your hip forward. Hold 15-30 seconds and repeat 3-5 times.

Times/Day _____



4. _____ **Piriformis / gluteal Stretch.** Lying on your back, with one leg bent, cross the other leg over. Place your ankle on the bent knee. Push the knee down, and if possible, grab under the thigh of the bent leg, and bring it towards your chest. You should feel a moderate stretch only. Hold 15-30 seconds and repeat 3-5 times.



5. _____ **Hip Stretch over Edge of Bed.** Sit at the edge of a high, stable surface (bed, table etc.). Bend your one knee up and grab it with both hands, pulling it towards your chest. As you do this, lie down. Let your other leg hang over the edge of the bed. It is VERY important that you keep your low back in contact with the bed, and stop it from arching up. Use your lower abdominal muscles to hold your pelvis still. Hold 15-30 seconds and repeat 3-5 times.

Times/Day _____



6. _____ **Wide Cross legged Sitting.** Sitting in a chair cross your affected leg over the other at the ankle. Push your knee down and towards the floor. Hold 15-30 seconds, repeat 3-5 times.

Times/Day _____

