

Phone: 304-767-7790

Fax: 304-766-7566

Hip Conditioning Program

Purpose: To strengthen and stretch your muscles surrounding the hip to regain normal motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

A. Core Strengthening: #1 & 2

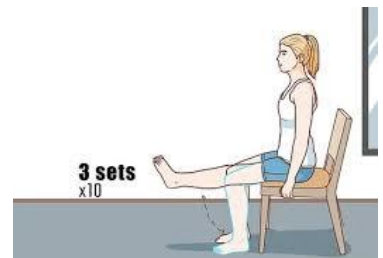
1. Leg Lifts:

- ✓ Lay on your back with your legs straight out in front of you.
 - ✓ Bend one knee and place the foot flat on the floor.
 - ✓ Tighten up the top of your thigh muscle on the opposite leg and lift that leg about 8 inches off the floor, keeping the thigh muscle tight throughout.
 - ✓ Slowly lower your leg back down to the floor.
 - ✓ Do 3 sets of 10 on each leg.
- *Tip: Squeeze your abdominal muscles when raising your leg.



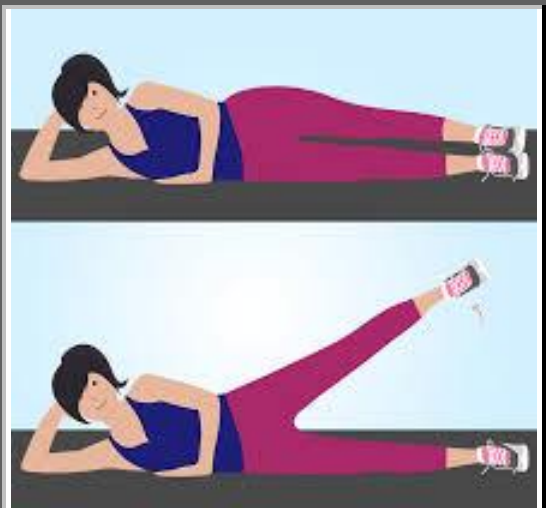
2. Leg Extensions:

- ✓ Sit upright in a chair with your knees bent to 90° and feet flat on the floor.
 - ✓ Raise your foot, extending the knee until your leg is straight.
 - ✓ Do 3 sets of 10.
 - ✓ Repeat on the other leg.
- *Tip: Once this exercise becomes easy, add a Thera-band around your ankle or an ankle weight for strengthening.



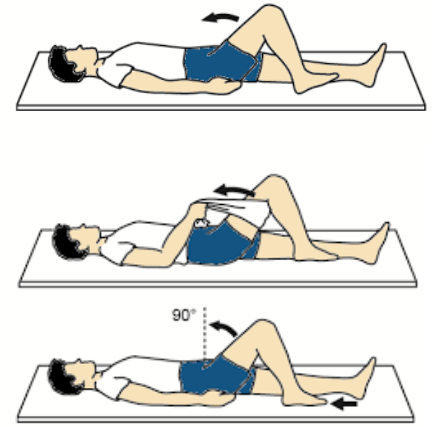
3. Side-lying Leg Lift:

- ✓ Lying on your side, tighten the front thigh muscles on your top leg and lift that leg 8-10 inches away from the other leg.
- ✓ Keep the top leg straight
- ✓ Do 3 sets of 10.



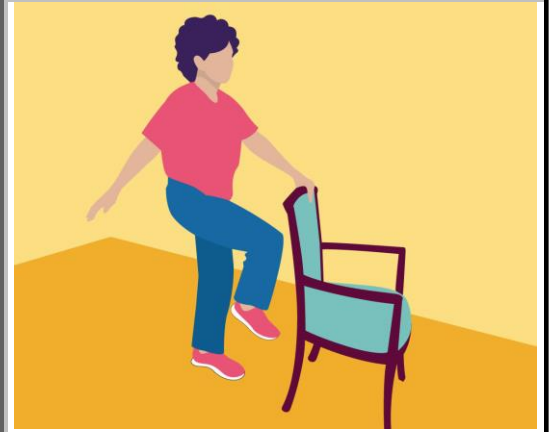
4. Heel Slides:

- ✓ Sit on firm surface with your legs straight in front of you.
- ✓ Slowly slide the heel of one leg toward your buttock by pulling your knee to your chest as you slide.
- ✓ Return to the starting position and do 3 sets of 10.
*Tip: You may wrap a towel or sheet around your thigh and pull with your hands to help move your heel back.



5. Balance Activity:

- ✓ Stand next to a table or chair.
- ✓ Hold onto the table and stand on one foot.
- ✓ Continue to stand on the one foot and let go of the table, balancing on that foot alone.
- ✓ Do this for 30 seconds.
- ✓ Repeat 3 times and then repeat on other side.



6. Walking Program:

- ✓ Walking at a constant rate on level ground is great exercise!
- ✓ Start with 5-minute walks 3 times a week, and work up to 15-minute walks 3 times a week.

*Tip: Keep Proper Form!

- Hold head high
- Don't arch your back
- Look forward
- Gently flex stomach muscles
- Roll your foot in a heel-to-toe motion

