

HIP DON'T LIE

HIP PAIN PROTOCOL



Exercise 1: Hip Bridge

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.

Movement : Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips, and shoulders in alignment. Slowly return to start position. Repeat for prescribed repetitions and sets. Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.



Exercise 2: Piriformis Figure 4 Stretch

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on back. Cross one leg over other, placing ankle on opposite thigh above knee.

Movement : Grasp uncrossed leg under thigh and gently pull toward chest. A stretch in hip of crossed leg should be felt. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.



Exercise 3: Clam Shell

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on side with knees together and bent to approximately 90 degrees. Support head with your hand or with pillow.

Movement : Activate core. Lift knee upward while keeping soles of shoes touching. Continue lifting knee to the point just before pelvis begins to move. Keeping core activated is essential to isolating hip muscles and not moving pelvis. Repeat for prescribed sets and reps.



Exercise 4: Side Lying Leg Lift

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on side on the floor with legs extended. Top leg should attain a straight line through hip and shoulder. Bottom leg may be bent for added stability.

Movement : Activate core muscles. Lift top leg upward, abducting legs. Slowly return to start position and repeat for prescribed repetitions and sets.

HIP DON'T LIE pg.2

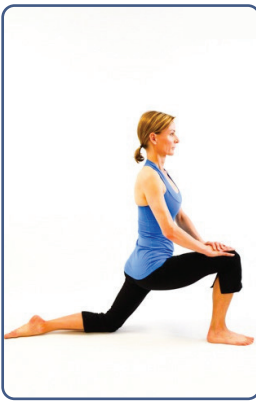
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Exercise 5: TFL Foam Roll Myofascial Release

Sets: 1 | Reps: 3 | Time: 60sec | Rest: 30sec | Freq: 3x/wk

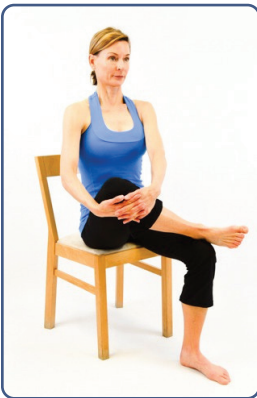
Start: Begin lying face down on floor. Place foam roll underneath hips. Rotate body until foam roll is midway between side and front of hip. Support body with one arm.
Movement : Gently move foam roll up and down throughout hip area, as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the areas for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.



Exercise 6: Kneeling Hip Flexor Stretch (Variation 1)

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin on floor, kneeling on one leg. A towel may be placed under knee for comfort.
Movement : Slowly allow hips to glide forward slightly until gentle stretch is felt in front of kneeling leg. Hold for 20-30 seconds. Repeat prescribed repetitions and sets. Alternate sides as directed.



Exercise 7: Seated Hip Flexion/Adduction

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin seated with good posture, positioning self on sit bones (*ischial tuberosities*) so that spine is in neutral position with a flat back. Cross one leg over other placing ankle on opposite knee. Interlock fingers and place around flexed knee.
Movement : Maintain good posture, pull flexed knee toward opposite shoulder until a gentle stretch is felt in hip. Hold for 30 seconds or for recommended duration. Repeat for recommended repetitions and sets.



Exercise 8: Seated Figure 4 Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin sitting with a straight neutral spine. Cross one leg over other, placing ankle on opposite thigh above knee.
Movement : Slowly lower chest down toward knees trying to keep a flat low back. A stretch in hip of crossed leg should be felt. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.