Megan R. Wolf, MD
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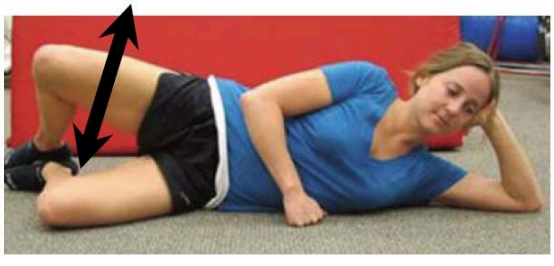
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HIP EXERCISES
Gluteus Medius Strengthening

354. CLAM SHELL

Lie on your side. Your shoulders, trunk, and hips should remain stationary and perpendicular to the floor throughout this exercise. Keeping your feet together, lift your top knee toward the ceiling. DO NOT let the pelvis roll backward. Concentrate on having all of the motion come from the top hip. Tip: If you have difficulty keeping the pelvis and trunk from rolling backward, start the exercise with your back, buttocks, and feet up against a wall. As you get stronger, move away from the wall.



355. SIDELYING HIP ABDUCTION

Lying on the uninvolved side with the shoulder, hip, knee, and ankle in a straight line. Lift the top leg off the bottom leg 4-6 inches. Lower slowly, relax briefly and repeat. Precaution: DO NOT let the pelvis roll backward as you fatigue. A good way to monitor this substitution maneuver is to have you're your back against the a wall.

Perform ____ sets of _____ repetitions



356. SIDE PLAK HIP ABDUCTION

Lie on your uninvolved side and bridge up on your bent elbow. Perform the exercise above from this position by raising the top leg up 4-6 inches. Again, keep your pelvis still and don't let your trunk sag back towards the floor.

Perform this activity for _____ second(s)/minute(s) or for _____ repetitions.



GENERAL INSTRUCTIONS

- ☑ Perform each exercise slowly and carefully. Stop if the exercise increases your symptoms.
- ☑ Perform the above indicated exercises _____ times/day; _____ days/week.
- ☑ Don't increase the weight or resistance unless you can easily complete the maximum number of repetitions or time prescribed.

Clinician: _____ **Phone:** _____

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HIP EXERCISES
Hip/Knee Strengthening

360. CONTROLLED TRUNK ROTATONS:



Stand on one leg with the knee cap pointing straight ahead. Rotate your trunk away from the stance side while trying to keep the knee cap still facing straight ahead. The stance leg will want to rotate in but you want to try and fight against this tendency.

Perform this activity for _____ second(s)/minute(s)

361. TUBING RESISTED SIDE STEPS



Wrap a piece of elastic tubing around your ankles. Keeping your feet pointing straight ahead side step in a lateral direction. Step 4-5 steps and then return to the starting position. Keep you pelvis level and you knees and hips slightly bent.

Perform this activity for _____ second(s)/minute(s)

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362. CHAIR SQUAT:

Stand with your back to a chair and feet shoulder width apart. Squat down by bending at the hips and knees. Lower your hips until they nearly touch the seat of the chair. Your arms can extend forward to balance your center of gravity. The upper body should flex forward at the hips as you descend. .

_____ *sets of* _____ *repetitions*



GENERAL INSTRUCTIONS

- ☑ Perform each exercise slowly and carefully. Stop if the exercise increases your symptoms.
- ☑ Perform the above indicated exercises _____ times/day; _____ days/week.
- ☑ Don't increase the weight unless you can easily complete the maximum number of repetitions prescribed.

Clinician: _____ **Phone:** _____

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