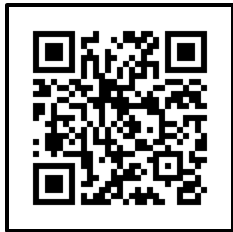


Hip Stretching & Strengthening Home Exercise Program



You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: THBL3724

Half Kneeling Hip Flexor Stretch



- Begin in a half kneeling position with one knee bent in front of your body.
- Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.
- Make sure to keep your hips facing forward and back straight during the exercise.

Modified Thomas Stretch



- Begin lying on your back at the edge of a table or bed with your knees bent and feet resting flat on the bed.
- Lower your outside leg off of the table until you feel a stretch in the front of your hip and hold.
- Try to keep your back flat on the bed during the exercise.

Hip Flexor Mobilization



- Begin lying face down on your elbows, with a foam roller resting under the front of your hip.
- Roll your hip and upper thigh back and forth over the foam roller, using your arms for support.
- Make sure to keep your movements slow and controlled.

Transvers Abdominis Bracing



- Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.
- Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.
- Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

Hooklying Isometric Hip Flexion



- Begin lying on your back with your knees bent and feet resting on the floor.
- Bend one leg up to a 90 degree angle and place your hand on your knee. Try to bend your leg toward your chest, but resist the movement with your hand.
- Make sure to keep your trunk stiff and do not arch your low back during the exercise.

Supine Bridge



- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.
- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.
- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell



- Begin lying on your side with your knees bent and your hips and shoulders stacked.
- Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.
- Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Modified Side Plank



- Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.
- Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Hold this position, then return to the starting position and repeat.
- Make sure to keep your core engaged during the exercise. Do not hold your breath or let your hips roll forward, backward, or drop towards the floor.