

HOME EXERCISE PROGRAM: STRENGTHENING



Supine Bridging – Lying on your back with knees bent, tighten abdominals and raise hips off table. Hold for 2-3 seconds. Do 1-2 sets of 10.



Static Hip Flexor Stretch – Place 1-2 pillows under hips. Hold for 10-15 minutes while icing.



Hip Abduction Isometrics – Lying flat on your back with a Theraband wrapped around ankles, contract your quadriceps and tighten against the band, pushing out. Hold for 5-10 seconds. Do 1-2 sets of 10.



Hip Adduction Isometrics – Lying flat on your back, place a ball or pillow at your ankles. Contract your quadriceps and squeeze the ball. Hold for 5-10 seconds. Do 1-2 sets of 10.



Isometric ER – Lying on your back, put Theraband at top of feet. Contract your quadriceps and rotate feet outwards. Hold position for 5-10 seconds. Do 1-2 sets of 10.



Short Arc Quadriceps – Lying on your back, tighten your abdominals and straighten your leg. Hold for 2-3 seconds. Do 1-2 sets of 10.



Pelvic Tilts – Lying on your back with knees bent up, tighten stomach to flatten small of back onto floor. Hold position for 5 seconds, then relax slowly. Repeat 20 times.

-Perform these exercises only if pain-free!!!
If you experience pain, stop the exercise and follow up with your physical therapist or your doctor!
-Please feel free to contact us with any questions or concerns.