



# Physiotherapy

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## Hip Conditioning Program



# New West Sports Medicine

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## Hip Conditioning Program

### Purpose

This is a general hip conditioning program designed to provide you with a wide variety of exercises and strategies to manage your symptoms. Improved hip strength, flexibility and stability will help you return to daily activities and live an active, healthy lifestyle. Talk to your physiotherapist about which exercises will best help you meet your rehabilitation goals.

### Getting Started

Before any type of exercise, it is important to perform a warm-up. This prepares your body for exercise and reduces the chances for injury. Warm up with 5-10 minutes of low impact activity such as walking or riding a stationary bike.

### Monitoring yourself

Do not ignore pain. In some instances, you may experience discomfort during exercise that is tolerable, but it is not advisable to push through pain. Talk to your physiotherapist if any of the exercises cause you pain.

If any of the exercises become very easy it is time to progress. Talk to your physiotherapist about advancing the challenge of exercises.

### Modifying Your Activities

It is important to modify activities that cause you pain. This will help to reduce further injury or aggravation as well as enhance recovery. Simple changes could help you continue to engage in meaningful activities with less pain and discomfort. Consider specific activities that you have difficulty with and consult your physiotherapist.

### General Tips

Stretches should be comfortable and non-painful. The feeling of a stretch can be described as "mild discomfort" or a score of 4/10 on a pain scale (0/10 equals no pain and 10/10 equals the worst pain imaginable). Always breathe comfortably and try not to hold your breath during the exercises.

### Symptom Control

Proper pain management is an important part of recovery. Prior to exercise it may be necessary to take measures to control or reduce pain levels. Pain management measures can include ice, heat, gentle stretches and meditation. Consult your physician for guidance on medications for pain relief.



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## Hip Conditioning Program

### Exercise Legend

Stretch and ROM	
Strength	
Stability	
Balance	

### Seated Hip Flexor Stretch

**Instructions:** Sit on a chair with only one buttock making contact. Pull back the unsupported leg until a stretch is felt down the front of the hip.

**Tip:** Tilt your hips backwards to intensify the stretch.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



### Seated Crossover Glute Stretch

**Instructions:** Sit on a mat, cross one leg over another keeping the bottom leg straight. Pull the top bent knee towards the opposite shoulder until a stretch is felt in the glutes.

**Tips:** Keep your lower back straight to intensify the stretch.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



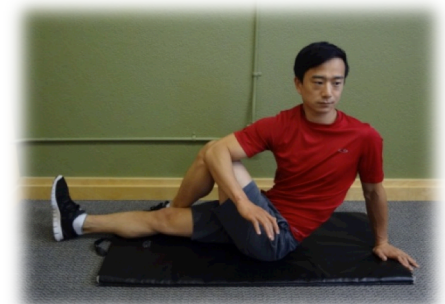
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## Hip Conditioning Program

### Seated Hip Adductor Stretch

**Instructions:** Sit on the floor facing a wall. Spread your feet apart until a stretch is felt and press your feet into the wall for support.

**Tips:** Place your hands behind and push gently to increase the intensity.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



### Lying Hip Adductor Stretch

**Instructions:** Sit on the floor facing a wall. Spread your feet apart until a stretch is felt and press your feet into the wall for support.

**Tips:** Try and keep your knees straight and toes pointed up.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



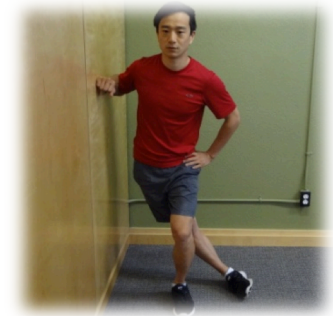
### Standing Lateral Hip Stretch

**Instructions:** Stand and cross one leg behind the other. Lean your hip towards the side of the back leg until a stretch is felt on the outside of the hip.

**Tips:** Avoid leaning and twisting

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



### Butterfly Stretch





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**Instructions:** Sit on a mat and bend legs so the soles of your feet are touching. Grasp your feet and use your elbows to push your knees down until a stretch is felt in the inner thighs.

**Tips:** Adjust the space between your feet and body to target different areas.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



### Figure 4 Stretch

**Instructions:** Lay on your back with both knees bent. Cross one leg over the other and pull the bottom thigh towards your chest until a stretch is felt in side of the hip.

**Tips:** Adjust the amount that your legs are crossed to target different areas.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



### Doorway Hamstring Stretch

**Instructions:** Lay on your back close to a door frame or wall. Place one foot on the wall and slide your body towards the wall until a stretch is felt in the back of the thigh.

**Tips:** Keep your knee straight and do not let your leg turn out.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.



### Standing Quad Stretch

**Instructions:** Stand on one leg, grab the foot of the opposite leg and pull it towards your buttock until you feel a stretch in the front of your thigh.

**Tips:** Keep your knees in line with each other

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.





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## Hip Conditioning Program

### Stork Position Against a Wall

**Instructions:** Stand with your side facing a wall. Lift the leg closest to the wall to 90° and push the lifted leg out against the wall.

**Tips:** Keep your hips level and focus on keeping your posture upright.

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Bridging

**Instructions:** Lie on your back with your knees bent and feet flat. Draw in your lower abdominals to prepare for the exercise. Squeeze your buttocks together and lift your bottom off the floor.

**Tips:** Gently draw your belly button in and breathe

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Bridging with Kick Outs

**Instructions:** Lie on your back with your knees bent and feet flat. Lift your buttocks off the floor. Then straighten one leg shifting the weight over to the other leg whilst keeping the thighs level. Do not let the back or pelvis twist.

**Tips:** Place your index fingers on your hips

Hold this position for \_\_\_\_ seconds.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Squats on to a Chair

**Instructions:** Stand with your feet placed hip width apart and a chair placed behind. Initiate the squat by hinging at the hips and lower your body until your thighs are parallel to the ground.

**Tips:** Try to keep your knees at hip width apart and not let the knees go beyond your toes.

Repeat \_\_\_\_ times for \_\_\_\_ sets.





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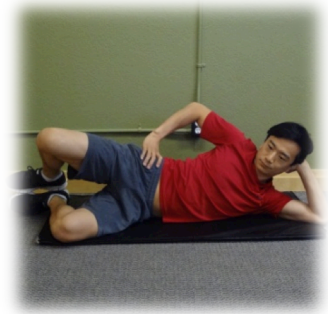
## Hip Conditioning Program

### Clamshells

**Instructions:** Lie on your side with your knees bent and back pelvis and feet aligned. Keep your heels together and lift the top knee up off the other one as far as you can without letting your back or pelvis twist.

**Tips:** Place a hand on the top hip to get a better sense of stability and alignment.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Clamshells Plus Side Plank

**Instructions:** Lie on your side with your knees bent and back pelvis and feet aligned. Place your elbow and forearm on the mat to support your upper body. Lift hips into plank position. Lift the top knee up off the other one as far as you can without letting your back or pelvis twist.

**Tips:** Place a hand on the top hip to get a better sense of stability and alignment.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### External Rotation with Band

**Instructions:** Sit on a stable surface and tie a band to your ankle with the other end tied to a post. The direction of resistance should pull your ankle and foot outwards. Rotate your hip and pull your ankle inwards.

**Tips:** Your thigh should rotate lengthwise without moving side to side.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Internal Rotation with Band



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## Hip Conditioning Program

**Instructions:** Sit on a stable surface and tie a band to your ankle with the other end tied to a post. The direction of resistance should pull your ankle and foot inwards. Rotate through your hip and push your foot outwards.

**Tips:** Your thigh should rotate lengthwise without moving side to side.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Single Leg Balance - Arm Circles

**Instructions:** Stand on one leg and trace a large circle clockwise. Swing arms slowly to make 4 second revolutions and try to maintain a solid upright posture.

**Tips:** Focus your gaze on something stationary to make it easier or close your eyes for a greater challenge.

Repeat \_\_\_\_ times each for \_\_\_\_ sets.





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## Hip Conditioning Program

### Single Leg Balance - Around the Worlds

**Instructions:** Stand on one leg and trace an orbit around your body while holding a weight. Pass the weight between hands in front and behind your body.

**Tips:** Focus your gaze on something stationary to make it easier or close your eyes for a greater challenge.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Dead Bugs

**Instructions:** Lay on your back. Engage your core and start with your hips and knees bent to 90 degrees. Slowly lower one leg and the opposite arm at the same time. Lightly touch the mat and slowly return to the starting position.

**Tips:** Try and maintain a neutral lower spine throughout the exercise. Keep your knee bent to decrease the challenge.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### 1/2 Dead Bug

**Instructions:** Lay on your back. Engage your core and start with your hips and knees bent to 90 degrees. Slowly lower one leg while maintaining a neutral lower back position. Lightly touch the mat and slowly return to the starting position.

**Tips:** Try and maintain a neutral lower spine throughout the exercise. Keep your knee bent to decrease the challenge.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Bird Dog





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## Hip Conditioning Program

**Instructions:** Start in 4-point position with your arms shoulder width apart and knees hip width apart. Simultaneously raise one arm and the opposite leg while maintaining a stable torso.

**Tips:** Try and eliminate all other movements aside from the arms and legs.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Bridging with Kick Outs

**Instructions:** Lie on your back with your knees bent and feet flat. Lift your buttocks off the floor. Then straighten one leg shifting the weight over to the other leg whilst keeping the thighs level. Do not let the back or pelvis twist.

**Tips:** Place your index fingers on your hips

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Seated Ball Marching

**Instructions:** Sit on an exercise ball with your feet on the floor spaced hip width apart. Lift up one foot off the ground while keeping the rest of your torso as steady as possible.

**Tips:** Space your feet closer together to make it easier or farther apart to increase the challenge.

Repeat \_\_\_\_ times for \_\_\_\_ sets.



### Single Leg Balance with Arm Circles

**Instructions:** Stand on one leg and trace a large circle with both your arms. Each revolution should take 4 seconds. Perform circles clockwise and counter-clockwise.

**Tips:** Focus your gaze on a stationary object to improve balance. Close your eyes to increase the challenge.

Repeat \_\_\_\_ times for \_\_\_\_ sets.





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**Instructions:** Stand on one leg and trace an orbit around your body with a weight. Pass the weight between hands in front and behind your body.

**Tips:** Focus your gaze on a stationary object to improve balance. Close your eyes to increase the challenge.

Repeat \_\_\_\_ times for \_\_\_\_ sets



### Outcome Measures

- HOOS-valid and reliable. Contains the WOMAC. Scored out of 100. MCID: 24 (HOOS Pain), 23 (HOOS-PS), 17 (HOOS QoL)
- 30 sec chair sit to stand
- Stair climb test
- TUG
- 6 minute walk test