

Prepared for: _____

Prepared by: _____

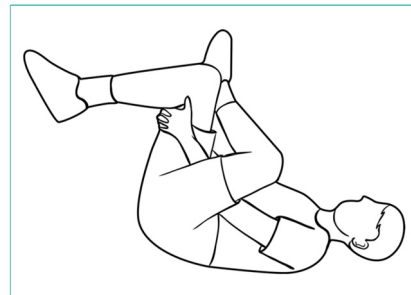
Home Exercise Program for Snapping Hip

- Perform the exercises in the order listed.
- Apply dry or moist heat to the hip for 5 to 10 minutes before exercising to prepare the tissues. Alternatively, riding a stationary bicycle for 10 minutes will also prepare the tissues for stretching.
- Apply a bag of crushed ice or frozen peas to the hip for 20 minutes after exercising to help reduce inflammation.
- If you experience pain in the hip during or after exercising, discontinue the exercises and call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Piriformis stretch	Piriformis	4 repetitions/2 to 3 sets	5 to 7	2 to 3
Iliotibial band stretch	Tensor fascia latae	4 repetitions/2 to 3 sets	5 to 7	2 to 3
Hip abductor strengthening	Gluteus medius	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3	2 to 3

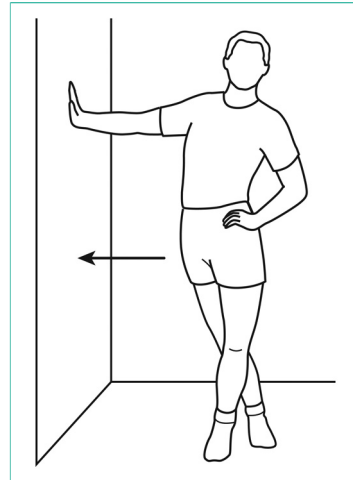
Piriformis Stretch

- Lie on your back and bend both knees so that your feet are flat on the floor.
- Place the ankle of the affected leg on the opposite knee and clasp your hands behind the thigh as shown.
- Pull the thigh toward you until you feel a stretch in the hip.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Perform 2 to 3 sets of 4 repetitions 5 to 7 days per week, continuing for 2 to 3 weeks.
- Perform the stretch on both sides.



Iliotibial Band Stretch

- Stand approximately 2 feet away from a wall with the affected side to the wall.
- Fully extend your arm and place your hand on the wall for support.
- Cross the uninjured leg (the leg farther from the wall) over the opposite leg.
- Lean your hips toward the wall until you feel a stretch on the outside of the injured leg.
- Hold the maximum stretch for 30 seconds and then relax for 10 seconds.
- Repeat the sequence 4 times on each side.
- Perform 2 to 3 sets of 4 repetitions 5 to 7 days per week, continuing for 2 to 3 weeks.
- Perform the stretch on both sides.



Hip Abductor Strengthening

- Lie on your side with the affected hip on top. Cradle your head in your arm and bend your bottom leg to provide support.
- Slowly move the top leg up and back to 45°, keeping the knee straight. Hold this position for 5 seconds.
- Slowly lower the leg to a count of 5 and relax it for 2 seconds.
- Ankle weights should be used, starting with light enough weights to allow 2 sets of 8 repetitions and progressing to 3 sets of 15 repetitions.
- Then return to 2 sets of 8 repetitions and add weight in 2- to 3-pound increments, progressing each time to 3 sets of 15 repetitions.
- Perform the exercise 3 times per week, continuing for 2 to 3 weeks.

