

Prepared for: _____

Prepared by: _____

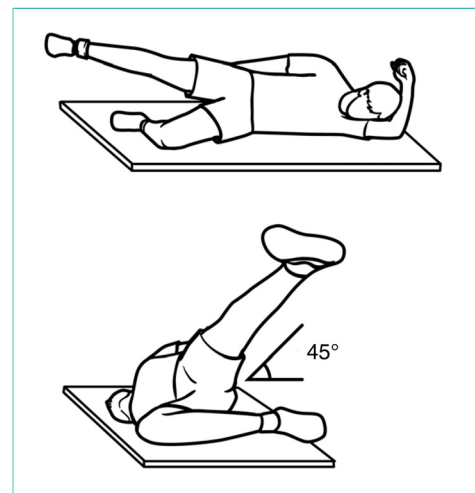
Home Exercise Program for Strains of the Hip

- Perform the exercises in the order listed.
- After each set of exercises, apply a bag of crushed ice or a bag of frozen peas to the hip for 20 minutes.
- If pain in the hip is aggravated by exercising or does not go away within 3 to 4 weeks, call your doctor.

Exercise type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hip abduction	Gluteus medius	8 repetitions/2 sets, progressing to 12 repetitions/3 sets	3	3 to 4
Hip adduction	Adductors	8 repetitions/2 sets, progressing to 12 repetitions/3 sets	3	3 to 4
Straight-leg raises	Quadriceps	8 repetitions/2 sets, progressing to 12 repetitions/3 sets	3	3 to 4
Hip extension	Gluteus maximus	8 repetitions/2 sets, progressing to 12 repetitions/3 sets	3	3 to 4
Hip rotations	<i>External:</i> Piriformis <i>Internal:</i> Medial hamstring	8 repetitions/2 sets, progressing to 12 repetitions/3 sets	3	3 to 4

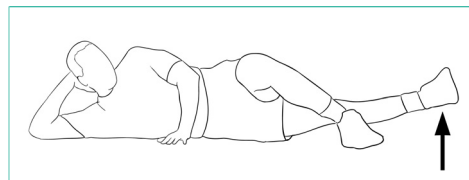
Hip Abduction

- 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 and relax it for 2 seconds.
- Ankle weights should be used, starting with light enough weight to allow 2 sets of 8 repetitions, progressing to 3 sets of 12 repetitions. Then return to 2 sets of 8 repetitions and add weight.
- Perform the exercise 3 days per week, continuing for 3 to 4 weeks.



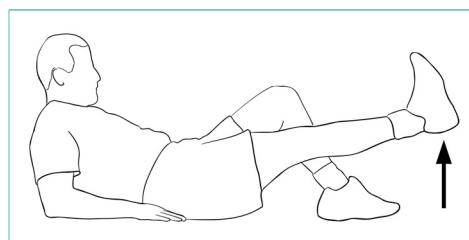
Hip Adduction

- Lie on the floor on the side of the injured leg with both legs straight.
- Cross the uninjured leg in front of the injured one.
- Raise the injured (bottom) leg 6" to 8" off the floor.
- Hold this position for 5 seconds.
- Lower the leg and rest for 2 seconds.
- Work up to 3 sets of 10 repetitions.



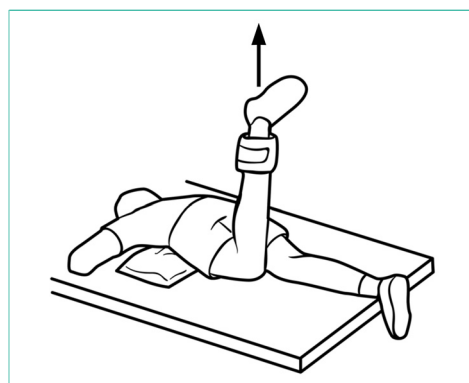
Straight-Leg Raises

- Lie on the floor with the injured leg straight and the uninjured leg bent.
- Tighten the thigh muscle of the straight leg and slowly raise it 6" to 10" off the floor.
- Hold this position for 5 seconds.
- Work up to 3 sets of 10 repetitions.



Hip Extension

- Lie face down with a pillow under your hips and the knee on the affected side bent 90°.
- Elevate the leg off the floor to a count of 5, lifting the leg straight up with the knee bent.
- Ankle weights should be used, starting with light enough weights to allow 2 sets of 8 repetitions, progressing to 3 sets of 12 repetitions. Then return to 2 sets of 8 repetitions and add weight.
- Perform the exercise 3 days per week, continuing for 3 to 4 weeks.



Hip Rotations

- Lie face down with a pillow under your hips and the knee on the affected side bent 90°.
- Rotating from the hip, move the ankle slowly from side to side, attempting to touch the floor.
- Ankle weights should be used, starting with light enough weights to allow 2 sets of 8 repetitions, progressing to 3 sets of 12 repetitions. Then return to 2 sets of 8 repetitions and add weight.
- Perform the exercise 3 days per week, continuing for 3 to 4 weeks.

