

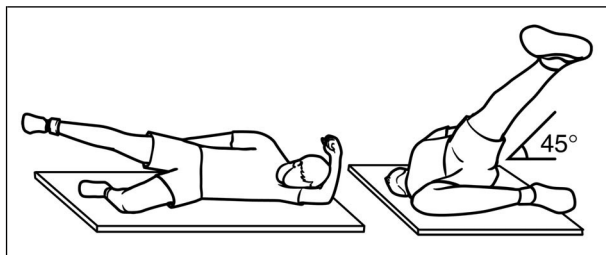
Exercise Program for: \_\_\_\_\_

Prepared by: Seasons Family Medicine  
37 South 2nd East  
Rexburg ID, 83440  
(208) 356-9231

## HOME EXERCISE PROGRAM FOR STRAINS OF THE HIP

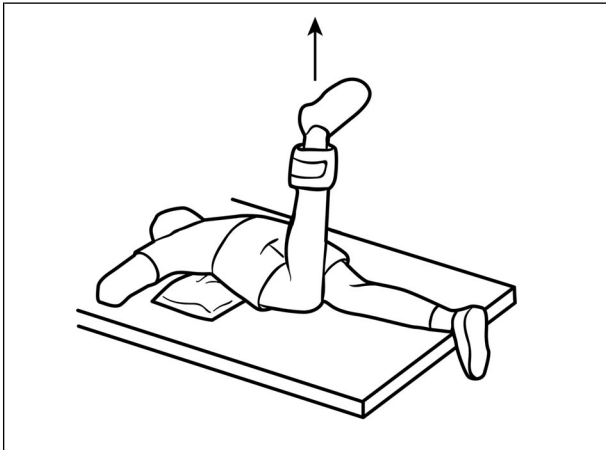
Perform the exercises in the order listed. After each set of exercises, apply ice, such as a bag of ice cubes or crushed ice or a bag of frozen peas, to the hip for 20 minutes. If the pain in the hip is aggravated by the exercises or does not go away within 3 to 4 weeks, call your doctor.

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 extension	Gluteus maximus	8 to 12 repetitions/2 to 3 sets	3	3 to 4
Hip rotations	<i>External:</i> Piriformis <i>Internal:</i> Medial hamstring	8 to 12 repetitions/2 to 3 sets	3	3 to 4



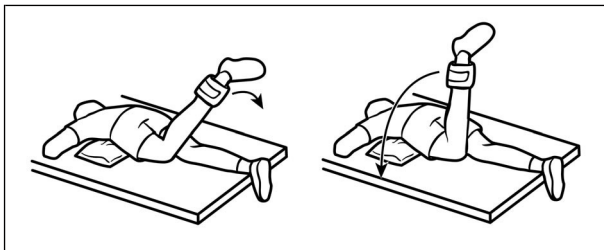
### HIP ABDUCTION

Lie on your side with the affected hip on top, cradling your head in your arm, and the bottom leg bent 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 a week, continuing for 3 to 4 weeks.



## 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 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 a 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 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 a week, continuing for 3 to 4 weeks.