

HIP STRENGTHENING PROTOCOL

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Ball or Pillow Knee Squeeze

Lying on your back with your feet flat and your knees bent. Place a soft object like a ball or pillow in between your knees. Squeeze the object for 5 seconds, then relax.

Frequency: 2 - 3 x 10 repetitions



Psoas Marches

Sit forward on a chair. Engage your core. Your feet should be flat and about hip-width apart. Alternate lifting one knee at a time while maintaining level shoulders.

Frequency: 2 - 3 x 10 repetitions



Sidelying Hip Abduction

Begin by lying on your side with your feet stacked and legs straight. Your feet should be in line with your hips. Engage your core. Slowly raise the top leg. Hold for 1 second before returning to the starting position.

Frequency: 2 - 3 x 10 repetitions



Sidelying Hip Adduction

Begin by lying on your side with your feet stacked and legs straight. Bend your top leg in front of you in a comfortable position. Engage your core. Slowly raise the bottom leg. Hold for 1 second before returning to the starting position.

Frequency: 2 - 3 x 10 repetitions

UCSF Orthopaedic Institute

1500 Owens Street | San Francisco, CA 94158

Phone (415) 353-2808 | Fax (415) 353-7593

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Clamshells

Begin lying on your side with your knees bent with your shoulders, hips, and ankles stacked. Keep your feet together and slowly raise your top knee towards the ceiling. Hold for 1 second before returning to the starting position. Do not pass 45 degrees. Place a band around your thighs to increase difficulty.

Frequency: 2 - 3 x 10 repetitions



Double Leg Bridges

Begin lying down with your knees bent and feet flat, about hip-width apart. Engage your core. Lift your glutes so that your hips are in line with your knees. Slowly lower your hips. Return to the starting position. Place a band around your thighs to increase difficulty.

Frequency: 2 - 3 x 10 repetitions

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Single Leg Glute Bridges

Begin lying down with your knees bent and feet flat, about hip-width apart. Engage your core and straighten one leg. Lift your glutes so that your hips are in line with your knees. Slowly lower your hips to return to the starting position. Repeat on both sides.

Frequency: 2 - 3 x 10 repetitions



Chair Squats

Have a stable armchair behind you. For extra support, hold the chair. Begin with your feet flat on the floor about shoulder-width apart. Engage your core. Slowly lower your body until your glutes touch the chair. Squeeze your glutes to return to the starting position.

Frequency: 2 - 3 x 10 repetitions



Step Ups

Stand behind a step or stable box. Step up onto the platform through your heel. Your other foot should come off of the ground. Bend the standing knee and slowly lower back down onto the other foot. You should feel this in your standing glute. Repeat on both sides.

Frequency: 2 - 3 x 10 repetitions



Step Downs

Stand on a step or stable box with one foot hovering over the edge. Bend the standing knee and lightly tap the ground with the other heel. Return to the starting position. You should feel this in your standing glute. Repeat on both sides.

Frequency: 2 - 3 x 10 repetitions

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4-Way Hip with Resistance: Abduction

Loop a resistance band around your thighs. Bend your standing leg slightly and engage your core. Lift the other leg and slowly bring it outward. Return to the starting position. Repeat on both sides. For extra support, hold on to a stable object.

Frequency: 2 - 3 x 10 repetitions



4-Way Hip with Resistance: Adduction

Loop a resistance band around your thighs. Bend your standing leg slightly and engage your core. Lift the other leg and slowly bring it across your body. Return to the starting position. Repeat on both sides. For extra support, hold on to a stable object.

Frequency: 2 - 3 x 10 repetitions



4-Way Hip with Resistance: Flexion

Loop a resistance band around your thighs. Bend your standing leg slightly and engage your core. Lift the other leg and slowly bring it forward. Return to the starting position. Repeat on both sides. For extra support, hold on to a stable object.

Frequency: 2 - 3 x 10 repetitions



4-Way Hip with Resistance: Extension

Loop a resistance band around your thighs. Bend your standing leg slightly and engage your core. Lift the other leg and slowly bring it backward. Return to the starting position. Repeat on both sides. For extra support, hold on to a stable object.

Frequency: 2 - 3 x 10 repetitions

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Lateral Side Stepping

Loop a resistance around your thighs. Keep tension in the band. Engage your core and bend your knees until you are in a half squat. Keep your shoulders level as you take steps towards one side and then the other side.

Frequency: 2 - 3 x 10 repetitions



Monster Walks

Loop a resistance around your thighs. Keep tension in the band. Engage your core and bend your knees until you are in a half squat. Keep your shoulders level as you take steps forward and then backward.

Frequency: 2 - 3 x 10 repetitions



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