**Hip Strengthening PROTOCOL**

**BACKGROUND**
- **Description**
  - Hip muscles provide stability to the upper and lower extremity during activity
  - Are the main source of power for quick propulsive movements
- **Causes:**
  - Injury can occur due to weakness, overuse and strength imbalances
- **Protocol:**
  - These exercises provide a broad spectrum to target the majority of muscles of the hip.

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**Strengthening Exercises:**

### Clam Shell
Patient lies on their side with knees bent 90 degrees.
Keeping feet together, slowly raise knee towards the ceiling.
Squeeze gluteal muscles.
Hold 5 sec. Repeat 10-15 times
**Frequency:** 3 sets 3 times per week.
**Goal:** Increase glute medius strength

### Double Leg Bridge
Lie on back with both knees bent 90 degrees on the floor.
Slow raise hips up towards the ceiling
Hold 5 sec. Repeat 10-15 times
**Frequency:** 3 sets. 3 times per week
**Goal:** Increase gluteal strength

### Single Leg Bridge
Lie on back with one leg knee bent 90 degrees on the floor.
Pull the other knee towards chest.
Maintaining this position, push foot into ground and raise hips up
Hold 5 sec. Repeat 10-15 times
**Frequency:** 3 sets. 3 times per week
**Goal:** Increase gluteal strength
**Hip Strengthening PROTOCOL**

**Strength Exercises:**

**Hip Adduction**
Patient lies on their side
Flex the upper leg forward
Slowly raise the lower leg towards the ceiling.
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip adductor strength

**Hip Abduction**
Patient lies on their side
Keep body in a straight line
Slowly raise the upper leg towards the ceiling.
Avoid rotating the leg.
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip abductor strength

**Bridge on Physioball**
Patient lies on their back with feet on a ball
Keep body in a straight line
Slowly pull heels towards your buttocks
Hold 5 sec. Repeat 10-15 times

**Frequency:** 3 sets 3 times per week

**Goal:** Increase extensor strength

**Chair squat**
Patient stands in front of a chair.
With feet shoulder width apart
Slowly squat down until the chair is felt.
Push through you heels and return to starting position

**Frequency:** 3 sets 10-15 3 times per week

**Goal:** Increase leg strength

**Lateral Slides**
Place theraband around both ankles.
Stand with knees and hips slightly bent.
Take a 6-8 inch step to the side, followed by the other foot.
Repeat 10 times both directions

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip strength
**Hip Strengthening** **PROTOCOL**

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**Monster Walk**
Place theraband around both ankles. Stand with knees and hips slightly bent. Take a 2-3ft step at a diagonal. Continue until 20 steps are completed.

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip strength

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**Hip Abduction**

- Attach theraband to a stable object.
- Perform 3 sets of 10-15 repetitions. 3 times per week.

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**Hip Flexion**

- Stand with knees and hips slightly bent.
- Take a 2-3ft step at a diagonal.
- Continue until 20 steps are completed.

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip strength

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**Hip Adduction**

- Attach theraband to a stable object.
- Perform 3 sets of 10-15 repetitions. 3 times per week.

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**Hip Extension**

- Place theraband around ankle.
- Flex hip up, then extend the leg.
- Slowly lower leg toward down.

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip strength

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**Pseudo Running Exercise**
Place theraband around ankle.
- Flex hip up, then extend the leg.
- Slowly lower leg toward down.
- Perform 10-15 repetitions.

**Frequency:** 3 sets 3 times per week

**Goal:** Increase hip strength