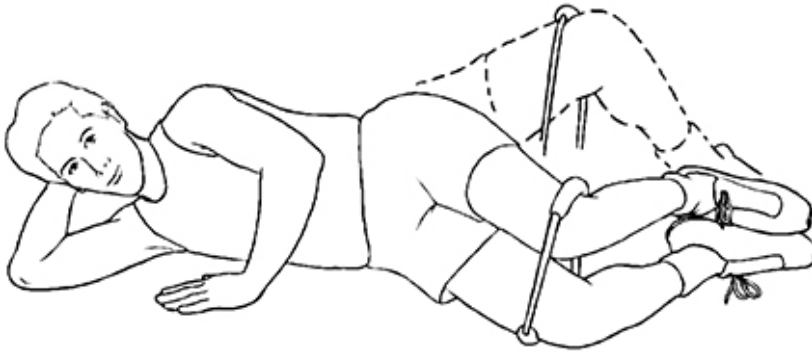


The 5 Best Hip Strengthening Exercises:

EXERCISE 1

REHAB: LOWER EXTREMITY - 6 Hip Abduction: Side-Lying (Single Leg)



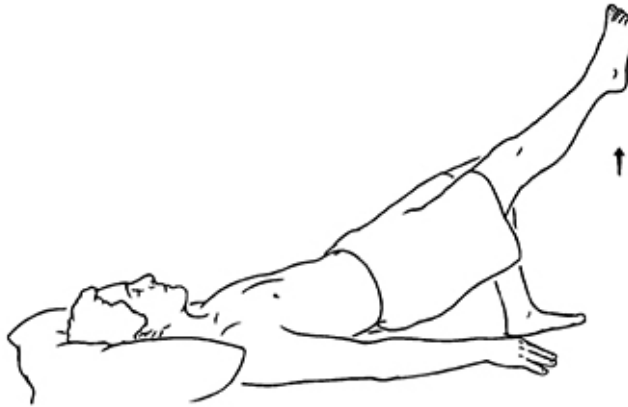
Lie on side with knees bent, tubing around thighs just above knees. Raise top leg, keeping knee bent.

Repeat 10 times per set. X Repeat on other side.

Do 2 sets per session. Do 1 sessions per week.

EXERCISE 2

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise



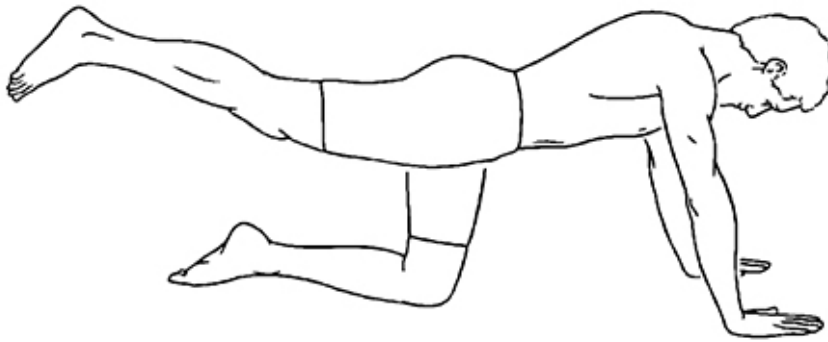
With left knee bent and right leg straight, lift buttocks from floor keeping stomach tight and lower back down to floor.

Repeat 10 times per set. Do 2 sets per session.

Do 1 sessions per day.

EXERCISE 3

BACK - 8 Hip Extension (All-Fours)



On hands and knees, lift right leg straight up and down. Then repeat set on other leg.

Repeat 10 times per set. Do 2 sets per session.

Do 1 sessions per day.

EXERCISE 4

Hip Extension with Knee Bent



On hands and knees, extend one leg back with knee bent and lift up.

Perform 10 repetitions. Do 2 sets. Perform 1 time per day

EXERCISE 5

Monster walk (lateral)

With band around legs, just above ankles, slightly bend knees and hips. From position shown, step sideways with one foot, then the other, keeping your stance wide. Go about 15 feet and repeat 4 times.
1 times per day

