



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

HIP EXERCISES A



SEATED MARCHING

While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.

Repeat 10 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



PIRIFORMIS AND HIP STRETCH - SEATED FABER STRETCH

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

Repeat 5 Times
Complete 1 Set

Hold 20 Seconds
Perform 2 Times a Day



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 5 Times

Complete 1 Set

Hold 20 Seconds

Perform 2 Times a Day



HIP FLEXION - STANDING - SLR

While standing on one leg, lift your other leg forward with a straight knee as shown. Return to starting position and repeat.

Use your arms for support if needed for balance and safety.

Repeat 10 Times

Complete 2 Sets

Hold 10 Seconds

Perform 2 Times a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat.

Keep knees in-line with one another.

Repeat 10 Times

Complete 2 Sets

Hold 8 Seconds

Perform 2 Times a Day



HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Repeat 10 Times
Complete 2 Sets

Hold 6 Seconds
Perform 2 Times a Day



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 10 Times
Complete 2 Sets

Hold 6 Seconds
Perform 2 Times a Day

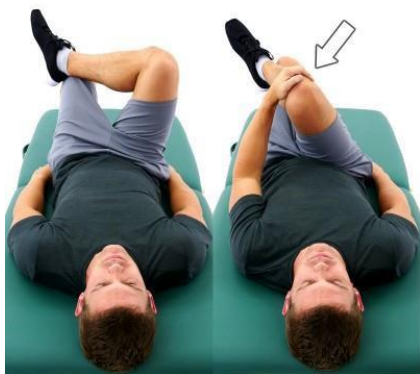


PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

Repeat 4 Times
Complete 1 Set

Hold 20 Seconds
Perform 2 Times a Day

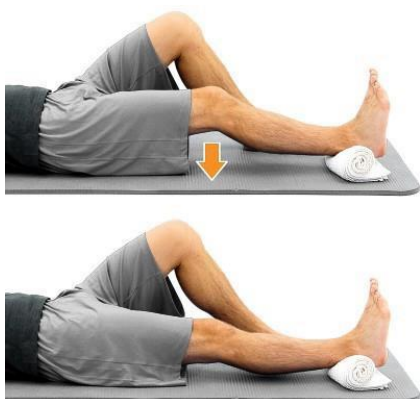


PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Repeat 4 Times
Complete 1 Set

Hold 20 Seconds
Perform 2 Times a Day



QUAD SET WITH TOWEL UNDER HEEL

While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Repeat 12 Times
Complete 2 Sets

Hold 8 Seconds
Perform 2 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times
Complete 2 Sets

Hold 6 Seconds
Perform 2 Times a Day

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HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds
Perform 2 Times a Day

