

Hip Conditioning - 1

Heel Slides

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 1 - 2 Sec | Rest: 1 - 2 Sec



Start Position



Slide heel up

Preparation:

- Lie on back with knee straight

Execution:

- Keeping the heel in contact with the floor, slowly slide heel up toward buttocks
- Relax back to the start position.

Straight Leg Raise | Mid Range

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 15 Sec |

Rest: 1 - 2 Sec



Prop up on elbows



Lift leg, knee straight

Preparation:

- Lay on your back, propped up on your elbows
- Bend your uninvolved knee to 90 degrees, foot flat on the ground

Execution:

- Keeping your knee straight, lift your foot about 10 inches off the ground
- Gently lower your foot back to the ground

Straight Leg Raise - Full Range

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 15 Sec |

Rest: 1 - 2 Sec



Lie flat on back



Raise leg

Preparation:

- Lay on your back as shown

Execution:

- Keeping your knee straight, lift your leg up
- Keep the other leg flat against the floor
- Return to start position

Hip Abduction + Adduction

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 1 - 2 Sec | Rest: 1 - 2



Legs straight



Slide out to side and back to middle

Preparation:

- Lay on your back, leg straight

Execution:

- Slide leg out to the side and back to the middle

Hip Extension | Straight Knee

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 15 Sec |

Rest: 1 - 2 Sec



Start Position



Lift leg - keep knee straight

Preparation:

- Lay on your stomach

Execution:

- Lift your foot about 10 inches off the ground, keeping your knee straight

Hip Abduction | Side lying Straight leg

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 15 Sec |

Rest: 1 - 2 Sec



Start Position



Lift leg, knee straight, toes down

Preparation:

- Lie on your side with your legs straight and hip tilted towards the bed

Execution:

- Lift your top foot up towards the ceiling until you feel your pelvis move
- Keep your leg straight

Clamshell | TrA Focus

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 Sec | Rest: 1 - 2 Sec



Contract deep core



Slowly lower both knees

Preparation:

- Lie on your back, knees bent, feet flat on the floor

Execution:

- Place your hands on the front of your pelvis
- Contract your deep core and continue breathing normally
- Now slowly lower both knees out to the side