

HIP - 1 Knee to Chest

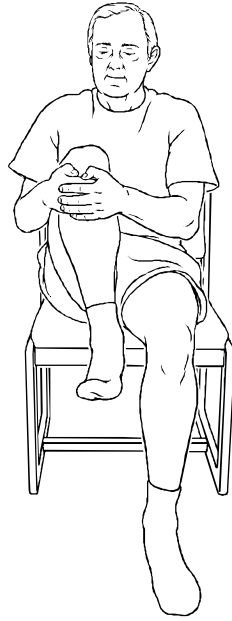
From sitting position, cup both hands below knee and gently pull it toward the chest. Exhale as knee comes up.

Hold position \_\_\_\_\_ seconds.

Repeat using other knee.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

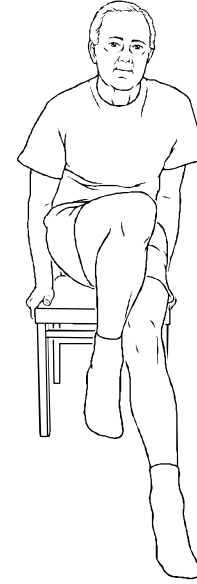


HIP - 2 Seat Lift

Place both hands on sides of chair. Gently lift right buttock off chair, return, then lift left buttock.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

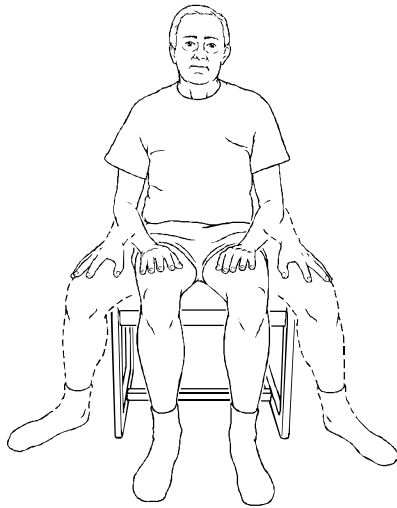


HIP - 3 Legs Apart

Sitting straight, move legs widely apart, then together again.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

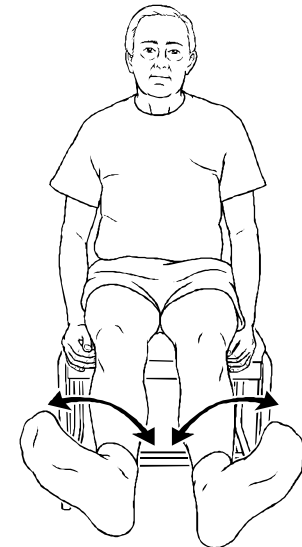


HIP - 4 Leg Roll

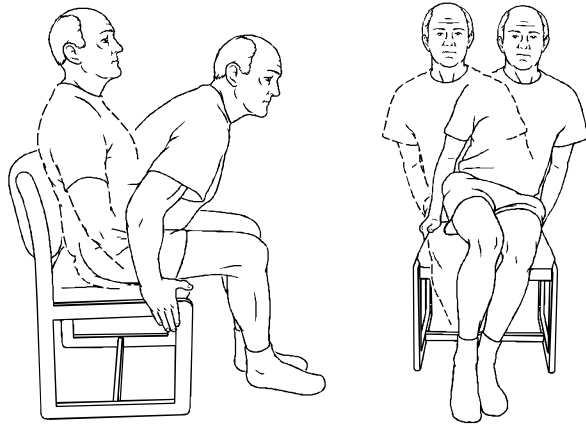
Sitting, straighten both legs. Roll feet and legs away from center, then toward center.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



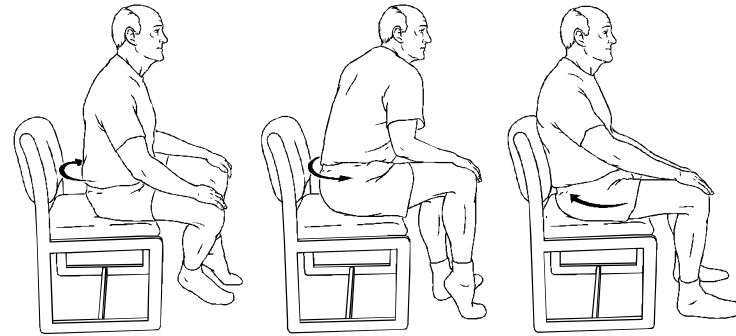
HIP - 5 Hip "Rock 'n Roll"



Rock hips forward and back \_\_\_\_\_ times. Now rock from side to side \_\_\_\_\_ times.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

HIP - 6 Moshe (for Moshe Feldenkrais)

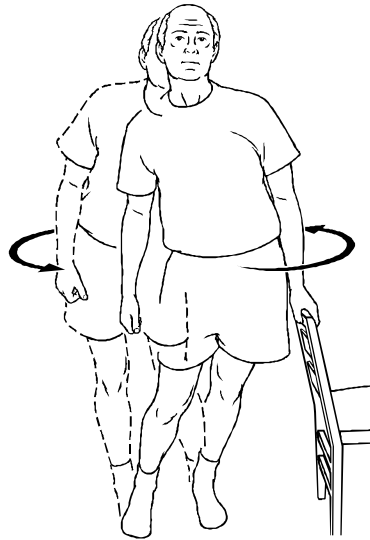


Lean forward and place hands on knees. Gently move forward one hip at a time, then back one hip at a time.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

HIP - 7 The "I'd Rather Be in Hawaii" Roll

From a standing position, using a chair for balance, make big circles with hips, clockwise then counterclockwise.



Repeat \_\_\_\_\_ times in each direction. Do \_\_\_\_\_ sessions per day.

HIP - 8 Hip Backward Kick

Using a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward.

Repeat with other leg.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

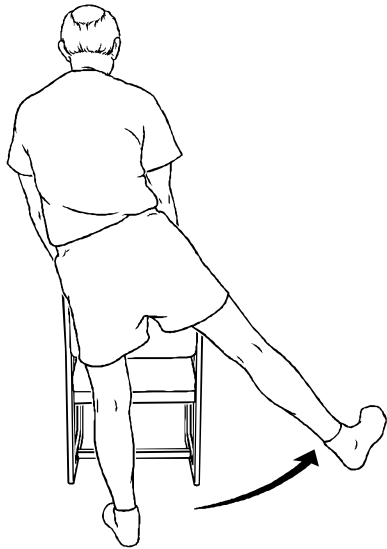


HIP - 9 Hip Side Kick

Holding a chair for balance, keep legs shoulder width apart and toes pointed forward. Swing a leg out to side, keeping knee straight. Do not lean.

Repeat using other leg.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

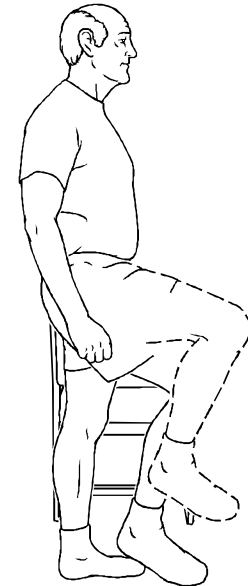


HIP - 10 "I love a Parade" Lift

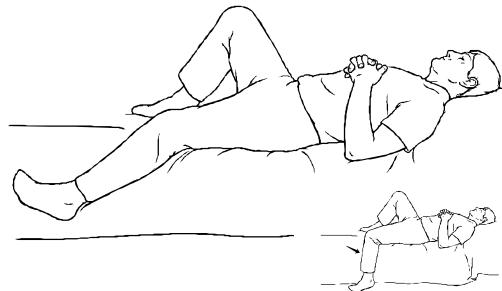
Using a chair if necessary, march in place 4 times in each phase:

- (1) Foot raised 6"
- (2) 12"
- (3) 18"
- (4) as high as you can.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



HIP - 11 Hip Flexor Stretch



Lying on back near edge of bed, bend one leg, foot flat. Hang other leg over edge, relaxed, thigh resting entirely on bed for \_\_\_\_\_ minutes.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

Advanced Exercise: Bend knee back keeping thigh in contact with bed.

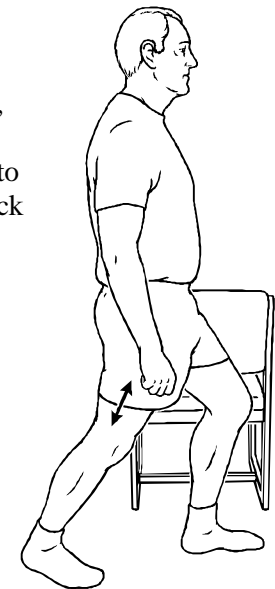
HIP - 12 Best Stretch

Using a chair for balance if necessary, place one leg back, foot flat on floor, forward leg bent. Slowly shift weight to forward leg until a stretch is felt in back leg. Be sure front knee DOES NOT extend past toes.

Hold \_\_\_\_\_ seconds.

Change legs and repeat.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

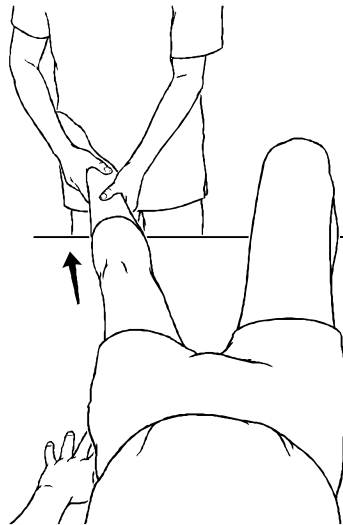


HIP - 13 Passive Long Axis Distraction

With right leg bent, foot flat. Have a helper hold onto straight leg around ankle. Helper lifts leg slightly and turns it out to the side. Then helper pulls leg for \_\_\_\_\_ seconds, while maintaining the lift and turn.

Caution: Say "STOP" if this causes any discomfort.

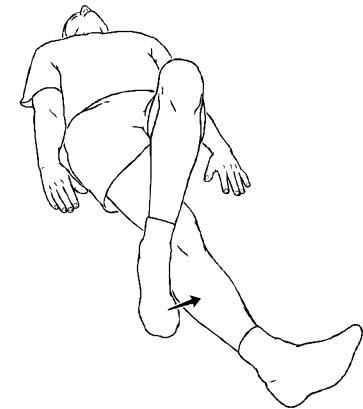
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



HIP - 14 Iliotibial Band (Supine)

Lying on back, bend right leg and place foot outside other knee. Slowly and gently use foot to move straight leg inward.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

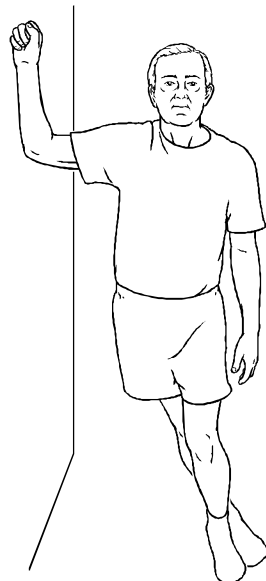


HIP - 15 Iliotibial Band Stretch

Stand with right hip \_\_\_\_\_ inches from wall. Cross other leg in front and use it and arm for support. Lean toward wall until a stretch is felt on outside of hip near wall. Keep that leg straight.

Hold \_\_\_\_\_ seconds.

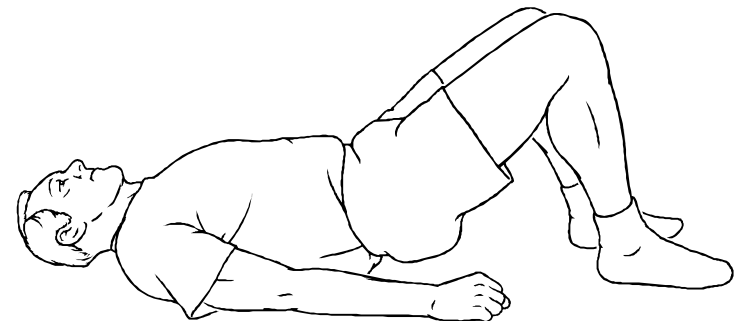
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



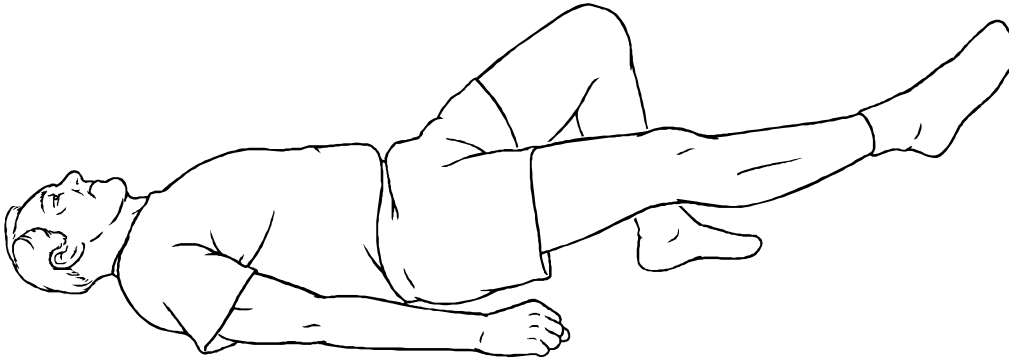
HIP - 16 Bridging

Lie on back with feet shoulder width apart. Lift hips toward the ceiling. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.



## HIP - 17 Bridging (Single Leg)



Lie on back with feet shoulder width apart and right leg straight. Lift hips toward the ceiling while keeping leg straight. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### HIP CARE TIPS

#### DO:

- follow pain free sleep habits
  - sleep on pain free side
  - pillow between knees if sleeping on side
- exercise hip daily -- especially for flexibility
- take pain control medication before exercise
- balance your weight when standing

Do not lean to one side or the other

#### DON'T:

- continue any activity which causes pain
  - Stop and rest
  - Continue **ONLY** if pain subsides
- sit, sleep or stand in any position which increases your discomfort