



Hamstrings - Chair

Stand facing square to a chair, feet shoulder width apart. Place heel of one foot up on chair, keeping knee straight and toes pulled back. Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



D1 Hip 'Soccer Kick'

Standing supported, bring leg forward and slightly across body, foot turned outward and toes pulled up similar to a soccer kick position (flexion, adduction and external rotation). Slowly swing leg backward and slightly away from body turning leg inward, pointing the ankle and toes (extension, abduction and internal rotation). Go as far into each motion as you can. Starting at the end position, trace the movement back to

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



D2 Hip 'Snow Plow'

Standing supported, bring leg forward and away from midline with hip turned inward like a 'snow plow' (flexion, abduction and internal rotation). Slowly swing leg backward bringing the leg toward midline behind you, turning leg outward and pointing the ankle and toes similar to a ballet position (extension, adduction and external rotation). Go as far into each motion as you can. Starting at the end position, trace the movement

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Extension - Standing

Standing, bend at the hips and support upper body with a chair or counter. Raise one leg straight up off floor, squeezing the buttocks. Raise leg until level with body, hold and return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Extension / Knee Bent - Standing

Standing, bend at the hips and support upper body with a chair or counter. Bend one knee up, squeeze the buttocks and extend leg back. Avoid rotating the body to extend hip. Hold and return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Prone Hip Extension Knee Bent

Lying on stomach with a pillow under pelvis. Bend one knee and squeeze buttocks to raise knee up off floor. Hold lower and repeat. Maintain an abdominal hollow throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridge March

Holding a bridge position, maintain pelvic tilt and abdominal hollow. Slowly raise one foot up off the floor keeping pelvis level. Lower foot back to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Abduction - Side Lying

Lying on one side, bend bottom knee up and keep top leg straight. Slowly raise top leg up sideways (30° - 45°), keep knee straight and toes pointing slightly downward. Keep body and leg aligned and avoid hiking the hip. Maintain an abdominal hollow throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Adduction - Side Lying

Lying on one side, cross top leg over bottom leg and place foot on floor. Slowly raise the bottom leg up keeping knee straight and toes pointing forward.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Isometric Hip Adduction

Seated on floor supported with hands (or lying down). Squeeze ball between knees and hold. Use various sizes of balls to work muscle through its range.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side Lying Hip Ext. Rot.

From a side lying position with legs straight out, raise top leg slightly away from bottom leg. Externally rotate entire leg until toe points toward the ceiling then rotate back to forward. Repeat. Keep pelvis square and stable throughout motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Soccer Kick'

Standing with tubing placed around one ankle with tubing coming from in front of body. Start with leg in front and across body with foot turned outward (flexion/adduction/ext. rotation). Slowly pull leg backward and away from body turning leg inward and pointing the toes (extension/abduction/int. rotation). Trace the movement back to start position and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Extension - Standing

Standing, attach tubing at floor level (table leg) and wrap around ankle. Stand supported and perform an abdominal hollow. Extend leg straight out backward, squeezing the buttocks. Keep the toe in contact with floor and do not allow low back to arch. Slowly return to starting position and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Speed Skater Hip Abd.

Tie tubing into a loop and place around ankles. Start by standing in a half squat position, with hands on lower back. Raise one leg back and to the side, straightening the leg and squeezing through the hip, as if speed skating. Keep upper body stable. Return to start and repeat with opposite leg.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side Lying Hip Abduction

Lying propped up on side with tubing wrapped around both ankles, keeping the tension loose. Raise top leg up to approx. 45°. Keep hips square and foot parallel to the floor. Return toward the start position releasing the tension on the tubing and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Abduction - Standing

Standing supported in readiness position. Attach tubing to one side at knee level and place around the ankle. Bend knee slightly and start with leg across and in front of opposite leg pointing the toe inward and up. Slowly raise leg out sideways away from body. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Adduction Standing

Standing supported in readiness position. Attach tubing to one side at knee level and place tubing around ankle. Bend knee slightly and start with leg away from body. Slowly pull leg across in front of opposite leg. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31