

Hip Exercises to improve Strength

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1. SLR (Straight Leg Raises)



- Lay on your back with one knee around 90 degrees bent.
- Gently raise other leg off of the mat, with keeping your knee straight.
- Hold to 3 seconds if you can and bring it down.
- Repeat it for 10 times, 2 sets.

- To make the exercise on left left harder, lift your buttock up with your leg.
- Hold for 3 to 5 seconds, and bring it down.
- Don't hold your breath.



Hip Flexion in Standing.



- Stand with support of chair, or kitchen countertop.
- Kick one leg in front, without leaning forward.
- You can use T band, elastic band or ankle weights to add some resistance.

2. Bridging:



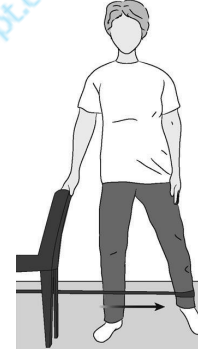
- Lay down on your back.
- Bend both knees, hands on side in relaxed position.
- Gently lift your pelvic area up while pushing down with your heels.
- Hold it for 3 seconds if you can.
- Repeat if for 10 times twice a day.

3. Hip Abduction:



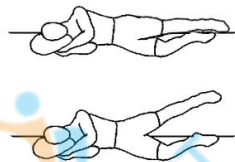
- Lay down on unaffected side.
- Keep the unaffected knee bend, and gently lift the affected leg up with keeping the knee straight.
- Hold it for 3 to 5 seconds.
- Increase the hold to 10 to 15 seconds.
- You can also add some ankle weight to increase strength.
- Repeat it on other side

Hip Abduction in Standing



- In standing kick the leg outwards as shown in picture on right.
- No bending sideways at waist allowed.

4. Hip Extension:



- Lying on unaffected side
- Keep the unaffected knee bend, and gently kick the affected leg backwards with keeping the knee straight.
- Hold it for 3 to 5 seconds.
- Increase the hold to 10 to 15 seconds.
- You can also add some ankle weight to increase strength. Repeat it on other side.

Hip Extension in Standing



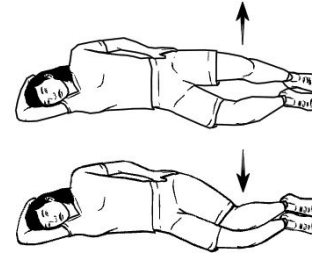
- In standing kick the leg backwards as shown in picture on right.
- No bending forward at waist allowed.

5. Squats:



- Stand with your hips shoulder width apart.
- Use the support of chair, table or kitchen countertop.
- Gently bend downwards so that you are sticking your buttocks out.
- Make sure your knees don't pass your toes.
- You can hold this position for 3 to 5 seconds.
- Repeat it for 10 times.

Clamshell Exercise:



- Lay down on unaffected side with both knee around 90 degrees bent.
- Keeping both feet together, slowly open and close your legs.
- Don't rock your pelvis with the exercise.
- Repeat it 10 times.