



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

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

HIP EXERCISES B WITH ELASTIC BANDS



LOOPED ELASTIC BAND HIP EXTENSION

While standing with an elastic band looped around your ankles, move the target leg back as shown.

Keep your knees straight the entire time.

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds
Perform 2 Times a Day



LOOPED ELASTIC BAND HIP FLEXION

While standing with an elastic band looped around your ankles, move the target leg forward as shown. Return to the original position and then repeat.

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds
Perform 2 Times a Day



SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS - CLAMSHELL

Lie down on your back with your knees bent. Place an elastic band around your knees and then pull your knees apart.

Repeat 10 Times

Hold 10 Seconds

Complete 2 Sets

Perform 2 Times a Day



ELASTIC BAND - SIDELYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

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



Repeat 10 Times

Hold 10 Seconds

Complete 2 Sets

Perform 2 Times a Day



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.

Repeat 10 Times

Hold 5 Seconds

Complete 2 Sets

Perform 2 Times a Day



HIP ABDUCTION - SUPINE

While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.



Repeat 10 Times
Complete 2 Sets

Hold 8 Seconds
Perform 2 Times a Day

HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.



Repeat 10 Times
Complete 2 Sets

Hold 8 Seconds
Perform 2 Times a Day

STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.



Repeat 8 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day

PRONE HIP EXTENSION - BENT

While lying face down with your knee bent, slowly raise up your knee off the ground.



Repeat 10 Times
Complete 2 Sets

Hold 8 Seconds
Perform 2 Times a Day

**LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES**

Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 3 Times
Complete 2 Sets

Hold 20 Seconds
Perform 2 Times a Day

**LATERAL MONSTER WALK - ELASTIC BAND AT THIGHS**

Place a looped elastic band around both thighs.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 3 Times
Complete 3 Sets

Hold 20 Seconds
Perform 2 Times a Day