

COMMENTS:

Sleep with pillow between knees to keep hips neutral.

Massage outside of hip following a nice warm shower. Use a lotion to improve ability to glide over skin.

Ice before bed, 10-15 minutes.



IT BAND STRETCH WITH BELT OR STRAP

Loop a belt around your foot. While lying on your back and leg up in front of you and knee straight, bring your up toward the sky until a stretch is felt. Hold 30 seconds then drop leg across midline for a gentle stretch felt along your outer thigh. Hold 30 seconds then bring leg to the outside of body (not pictured) to feel a light stretch on the inner thigh. Hold 30 seconds. Rest and repeat.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



HIP FLEXOR STRETCH WITH STRAP

Place a strap or belt around your foot as shown. Bring the other end of the belt around your shoulder. If using a belt, you may need to link 2 belts together for extra length.

While lying on a table or high bed, let the affected leg lower towards the floor. Next, gently pull on the strap to get your knee to bend until you feel a stretch on top of your thigh.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



BRIDGING with band around thighs

Loop band around thigh and maintain tension on the band throughout exercise. While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 30 Times
Hold 3 Seconds
Complete 1 Set
Perform 4 Time(s) a Week



STRAIGHT LEG RAISE - SLR

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

Repeat 30 Times
Hold 2 Seconds
Complete 1 Set
Perform 4 Time(s) a Week



CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Repeat 30 Times
Hold 1 Second
Complete 1 Set
Perform 4 Time(s) a Week



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



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Repeat 30 Times
Hold 1 Second
Complete 1 Set
Perform 4 Time(s) a Week

The bottom leg can be bent to stabilize your body.