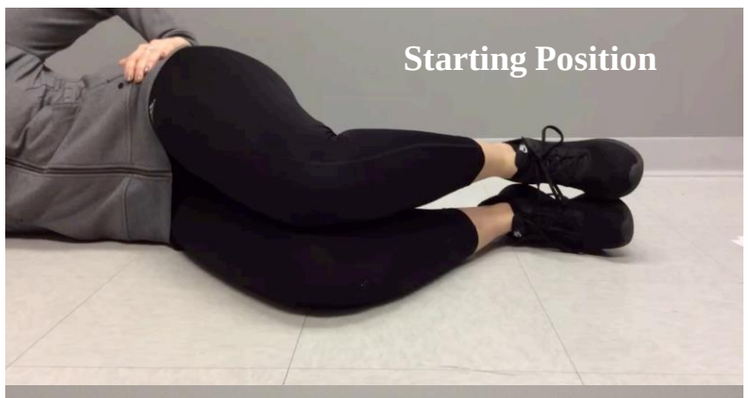
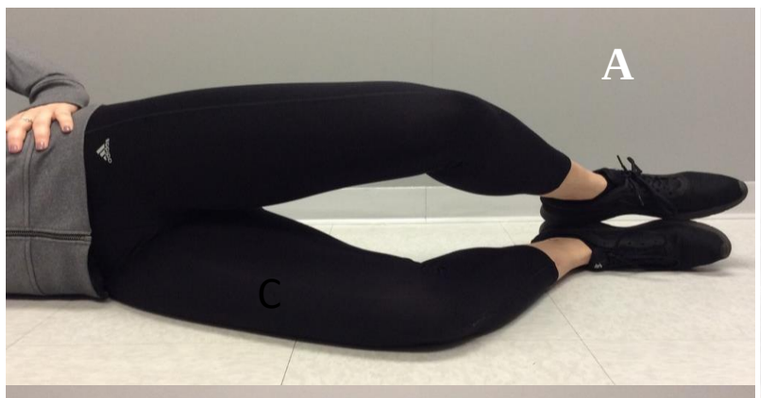
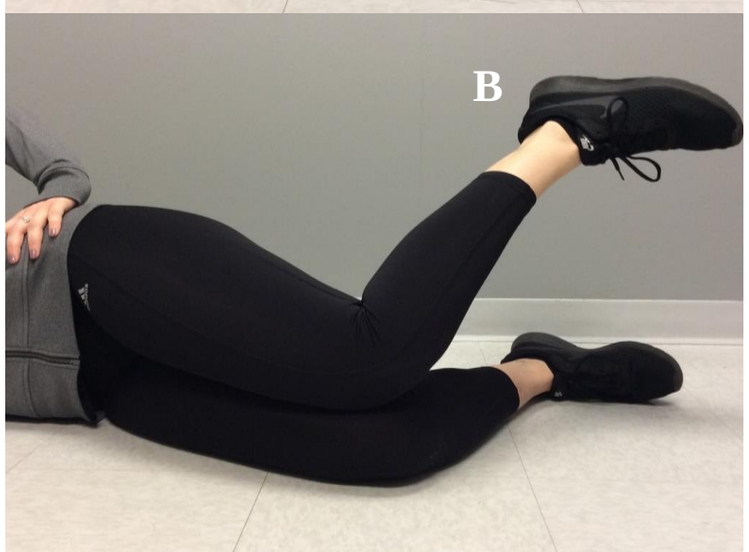
Hip Stretches & Strengthening Exercises







Clam Shell Series: Keeping your spine neutral and hips stacked, (a) keep feet together and raise your knee, stop before your hips turn and open up. (b) lift your foot off your other foot while maintaining your knees together. (c) Keeping your leg raised off of your other foot rotate your knee, stop before your hips turn, and open up. (d) rotate your foot away from the opposite foot while maintaining your leg lifted. (e) Bring your leg forward while keeping it elevated off the opposite leg, and then gently kick back. PERFORM these steps three times in 30 seconds for each leg.

Bridges: While lying with your knees bent and your feet shoulder-width apart, tighten your hamstrings and glutes to gradually raise your hips off the floor and into alignment with your shoulders and knees. Descend to the starting point gradually.

Hip Extension: While lying on your stomach, extend your leg by contracting your glutes; however, keep your hips on the ground; avoid raising your leg to the point where your hips rotate.

Straight Leg Raise: Lying on your back with your lower back pressed to the floor, flexing your foot towards you, squeezing your quad, and slowly raising your leg to the height of your bent leg. Slowly return to the starting position