

<h1>Hip Care Program</h1>				
<h2>Check List-Do Checked Exercises Only</h2>				
Exercise	Description	Picture	Video	Mark
Roll out Hip Area:	Roll out front, side, and rear of leg and buttock area including IT band for 20-30 seconds in each area. You can do this before and then after stretching.			<input type="checkbox"/>
Gluteal stretch:	Gluteal stretch: Lie on your back with both knees bent. Rest the ankle on your injured side over the knee of your other leg. Grasp the thigh of the leg on the uninjured side and pull toward your chest. You will feel a stretch along the buttocks on the injured side and possibly along the outside of your hip. Hold the stretch for 15 to 30 seconds. Repeat 3 times.	 Gluteal stretch	How to Do the Gluteal Stretches	<input type="checkbox"/>
Gluteal stretch, standing:	Gluteal stretch: Standing while holding onto something, place one ankle on top of knee. From this position lean forward stretching the lower back into the lower back. Hold the stretch for 15 to 30 seconds. Repeat 3 times. This Stretch can be done in a seated position.		How to do a standing Gluteal Stretch	<input type="checkbox"/>
Iliotibial band stretch, bending:	Iliotibial band stretch, standing: Cross your uninjured leg in front of the other leg and bend down and push toward the inside of your back foot. Do not bend your knees. Hold this position for 15 to 30 seconds. Return to the starting position. Repeat 3 times.		Quadratus Lumbae bend stretch	<input type="checkbox"/>
Iliotibial band stretch, bending:	Iliotibial band stretch, side-leaning: Stand sideways near a wall with your injured side closest to the wall. Place a hand on the wall for support. Cross the leg farther from the wall over the other leg. Keep the foot closest to the wall flat on the floor. Lean your hips into the wall. Hold the stretch for 15 to 30 seconds. Repeat 3 times.			<input type="checkbox"/>
Iliotibial band stretch, side-leaning:	Iliotibial band stretch, side-leaning: In a staggered non tandem stance place arm overhead and push hip out. Hold the stretch for 15 to 30 seconds. Repeat 3 times. YOU CAN ALSO TRY THIS FROM A LUNGE POSITION			<input type="checkbox"/>
Iliotibial band stretch on Floor	Iliotibial band stretch, floor Hold the stretch for 15 to 30 seconds. Repeat 3 times.			<input type="checkbox"/>
Hip flexor stretch, kneeling:	Hip flexor stretch: Kneel and then put one leg forward. Keep your foot flat on the floor. Flatten your lower back and lean your hips forward slightly until you feel a stretch at the front of your hip. Try to keep your body upright as you do this. Hold this position for 15 to 30 seconds. Repeat 3 times with each leg.	 Hip flexor stretch	Kneeling Hip Flexor Stretch	<input type="checkbox"/>
Hip flexor stretch, standing:	Hip flexor stretch, standing: Place foot on chair, keeping torso straight come forward keeping both feet flat. Hold this position for 15 to 30 seconds. Repeat 3 times with each leg.		Kneeling Hip Flexor Stretch	<input type="checkbox"/>
Hip flexor stretch, prone:	Hip flexor stretch, prone: Lying half way along bed let on leg hanging over the side of bed while the other is pulled into chest. Hold this position for 15 to 30 seconds. Repeat 3 times with each leg.		Kneeling Hip Flexor Stretch	<input type="checkbox"/>
Hamstring stretch:	Floor Hamstring Stretch Stand at an arm's length away from the wall with your injured side farthest from the wall. Facing straight ahead, brace yourself by keeping one hand against the wall. With your other hand, grasp the ankle on your injured side and pull your heel toward your buttocks. Don't arch or twist your back. Keep your knees together. Hold this stretch for 15 to 30 seconds.			<input type="checkbox"/>
Standing hamstring stretch:	Standing hamstring stretch: Put the heel of the leg on your injured side on a stool about 15 inches high. Keep your leg straight. Lean forward, bending at the hips, until you feel a mild stretch in the back of your thigh. Make sure you don't roll your shoulders or bend at the waist when doing this or you will stretch your lower back instead of your leg. Hold the stretch for 15 to 30 seconds. Repeat 3 times.			<input type="checkbox"/>
Standing calf stretch with knee straight and then bent	Standing calf stretch: Stand facing a wall with your hands on the wall at about eye level. Keep your injured leg back with your heel on the floor. Keep the other leg forward with the knee bent. Turn your back foot slightly inward (as if you were pigeon-toed). Slowly lean into the wall until you feel a stretch in the back of your calf. Hold the stretch for 15 to 30 seconds. Return to the starting position. Repeat 3 times. Do this exercise several times			<input type="checkbox"/>
Lower trunk rotation:	Lower trunk rotation: Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles and push your lower back into the floor. Keeping your shoulders down flat, gently rotate your legs to one side as far as you can. Then rotate your legs to the other side. Repeat 10 to 20 times.		Back Pain Exercises Single Knee to Chest - Double Knee to PT Exercise - Prone hip extension How To Do The Side Plank - You Tube	<input type="checkbox"/>
Single knee to chest stretch:	Single knee to chest stretch: Lie on your back with your legs straight out in front of you. Bring one knee up to your chest and grasp the back of your thigh. Pull your knee toward your chest, stretching your buttock muscle. Hold this position for 15 to 30 seconds and then return to the starting position. Repeat 3 times on each side.			<input type="checkbox"/>
Double knee to chest:	Double knee to chest: Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles and push your lower back into the floor. Pull both knees up to your chest. Hold for 5 seconds. Relax and then repeat 10 to 20 times.			<input type="checkbox"/>
Straight leg raise:	Straight leg raise: Lie on your back with your legs straight out in front of you. Bend the knee on your uninjured side and place the foot flat on the floor. Tighten the thigh muscle on your injured side and lift your leg about 8 inches off the floor. Keep your leg straight and your thigh muscle tight. Slowly lower your leg back down to the floor. Do 1-3 sets of 12-15 reps.			<input type="checkbox"/>
Prone hip extension:	Prone hip extension: Lie on your stomach with your legs straight out behind you. Fold your arms under your head and rest your head on your arms. Draw your belly button in towards your spine and tighten your abdominal muscles. Tighten the buttocks and thigh muscles of the leg on your injured side and lift the leg off the floor about 8 inches. Keep your leg straight. Hold for 5 seconds. Then lower your leg and relax. Do 1-3 sets of 12-15			<input type="checkbox"/>
Clam exercise:	Clam exercise: Lie on your uninjured side with your hips and knees bent and feet together. Slowly raise your top leg toward the ceiling while keeping your heels touching each other. Hold for 2 seconds and lower slowly. Do 1-3 sets of 12-15 reps. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.			<input type="checkbox"/>
Side plank:	Side plank: Lie on your side with your legs, hips, and shoulders in a straight line. Prop yourself up onto your forearm with your elbow directly under your shoulder. Lift your hips off the floor and balance on your forearm and the outside of your foot. Try to hold this position for 5-15 seconds and then slowly lower your hip to the ground. Do 5-15 reps. Switch sides and repeat. Work up to holding for 1 minute. This exercise can be made easier by starting with your knees and hips flexed toward your chest. MODIFIED POSITION IS ON KNEES.			<input type="checkbox"/>
Side-lying leg lift:	Side-lying leg lift: Lie on your uninjured side. Tighten the front thigh muscles on your injured leg and lift that leg 8 to 10 inches (20 to 25 centimeters) away from the other leg. Keep the leg straight and lower it slowly. Do 1-3 sets of 12-15 reps. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.		Side-Lying Leg Lift	<input type="checkbox"/>
Bridges	Bridges Lie on your back. Tighten from the gluteal area and lift buttocks off the floor and pause tightening the muscles of the gluteal complex. Hold for 5 seconds. Do 1-3 sets of 5-15 reps. When this becomes easy try with one foot raised. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.			<input type="checkbox"/>
Bird Dogs	Bird dogs In a quad position (dog position) tighten from the glutei and lift leg off the floor (straight) and pause tightening the muscles of the gluteal complex. Hold for 5 seconds. Try extending the opposite arm out at the same time. Do 1-3 sets of 5-15 reps.			<input type="checkbox"/>
Resisted hip flexion:	Resisted hip flexion: Stand facing away from a door. Tie a loop in one end of a piece of elastic tubing and put it around the ankle on your injured side. Tie a knot in the other end of the tubing and shut the knot in the door near the floor. Tighten the front of your thigh muscle and bring the leg with the tubing forward, keeping your leg straight. Return to the starting position. Do 1-3 sets of 12-15 reps. NO BAND TRY ISOMETRICS-5 sec hold for 5-10 reps		7 Hip Exercises for Co	<input type="checkbox"/>
Resisted hip extension:	Resisted hip extension: Stand facing a door with elastic tubing tied around the ankle of your injured side. Knot the other end of the tubing and shut the knot in the door near the floor. Draw your abdomen in towards your spine and tighten your abdominal muscles. Pull the leg with the tubing straight back, keeping your leg straight. Make sure you do not lean forward. Return to the starting position. Do 1-3 sets of 12-15 reps. NO BAND TRY ISOMETRICS-5 sec hold for 5-10 reps			<input type="checkbox"/>
Resisted hip abduction:	Resisted hip abduction: Same idea as above with band around ankle abduct to side with the tubing, keeping your leg straight. Make sure you do not lean forward. Return to the starting position. Do 1-3 sets of 12-15 reps. NO BAND TRY ISOMETRICS-5 sec hold for 5-10 reps			<input type="checkbox"/>
Standing leg out to side (abduction) with hold:	Standing bring leg out to side (abduction) with hold for 1-2 seconds: Return to the starting position. Do 1-3 sets of 12-15 reps. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.			<input type="checkbox"/>
Standing gluteal extensions with hold:	Standings bring leg straight back with hold for 1-2 seconds: Return to the starting position. Do 1-3 sets of 12-15 reps. You can also do this exercise in the opposite way HIP FLEXION. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.			<input type="checkbox"/>
Outer and inner thigh machine:	Outer and inner thigh machine: Use machine as directed. Make sure you do not lean forward. Return to the starting position. Do 1-3 sets of 12-15 reps.			<input type="checkbox"/>
Leg Press machine:	Leg Press: Use machine as directed. Make sure you do not lean forward. Return to the starting position. Do 1-3 sets of 12-15 reps.			<input type="checkbox"/>
Quad sets	Quad sets: Sit on the floor with your injured leg straight and your other leg bent. Press the back of the knee of your injured leg against the floor by tightening the muscles on the top of your thigh. Hold this position 10 seconds. Relax. Do 2 sets of 15.		Prone Hip Extension	<input type="checkbox"/>
Heel slide	Heel slide: Sit on a firm surface with your legs straight in front of you. Slowly raise the heel of the foot on your injured side toward your buttock by pulling your knee toward your chest as you slide the heel. Return to the starting position. Do 2 sets of 15.			<input type="checkbox"/>
Step-up	Step-up: Stand with the foot of your injured leg on a support 3 to 5 inches (8 to 13 centimeters) high --like a small step or block of wood. Keep your other foot flat on the floor. Shift your weight onto the injured leg on the support. Straighten your injured leg as the other leg comes off the floor. Return to the starting position by bending your injured leg and slowly lowering your uninjured leg back to the floor. Do 2 sets of 15.			<input type="checkbox"/>
Wall squat with a ball	Wall squat with a ball: Stand with your back, shoulders, and head against a wall. Look straight ahead. Keep your shoulders relaxed and your feet 3 feet (90 centimeters) from the wall and shoulder's width apart. Place a soccer or basketball-sized ball behind your back. Keeping your back against the wall, slowly squat down to a 45-degree angle. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Repeat 10 times. Build up to 2 sets of 15. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.			<input type="checkbox"/>
Balance and reach exercises	Balance and reach exercises: Stand next to a chair with your injured leg farther from the chair. The chair will provide support if you need it. Stand on the foot of your injured leg and bend your knee slightly. Try to raise the arch of this foot while keeping your big toe on the floor. Keep your foot in this position.			<input type="checkbox"/>
Balance and reach exercises	With the hand that is farther away from the chair, reach forward in front of you by bending at the waist. Avoid bending your knee any more as you do this. Repeat this 15 times. To make the exercise more challenging, reach farther in front of you. Do 2 sets of 15.			<input type="checkbox"/>
Gluteal Bridge on Ball:	Gluteal Bridges on Ball: Lie on your back with feet on ball or chair. Tighten from the gluteal muscles and lift buttocks off the floor and pause tightening the muscles of the gluteal complex. Hold for 5 seconds. Do 1-3 sets of 12-15 reps. When this becomes easy try with one foot raised.			<input type="checkbox"/>
Hamstring/Gluteal Curis on Ball:	Hamstring/Gluteal Curis on Ball: Lie on your back with feet on ball. Tighten from the gluteal muscles and lift buttocks off the floor and pause tightening the muscles of the gluteal complex. Then pull ball into buttocks let the ball roll along heels. Do 1-3 sets of 12-15 reps. When this becomes easy try with one foot raised.			<input type="checkbox"/>