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## Hip Internal Rotation Stretch

Lay on your back with feet spread wide. Lower one knee down, keeping it straight in line with your hip bone. You are looking for a stretch in your hip. Be sure to not let your pelvis come up as your leg goes down.

Repeat 5 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

2



## Lateral Hip Stretch

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side until a comfortable stretch is felt in the affected area.

Repeat 5 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

3



## FOAM ROLL - Lateral hip

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

Hold 3 Minutes  
Perform 1 Time(s) a Day

4



## BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as shown.

Repeat 15 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week

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## 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 15 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week