

## HS STRETCH HIP

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View at [www.my-exercise-code.com](http://www.my-exercise-code.com) using code: L5Y8SLR



### HIP ABDUCTION - ISOMETRIC

While sitting next to a wall, press the outer part of your knee into the wall. Place towel between knee and wall if needed for comfort. Do this for both sides.

Repeat 3 Times  
Complete 3 Sets

Hold 15 Seconds  
Perform 1 Times a Day



### HIP ABDUCTION - SINGLE- SEATED - STRAIGHT LEG

Start by sitting close to the edge of a chair with your target leg straight at the knee. Next, slide your target leg to the side. You can slide your heel across the floor as you perform. Then return to straight ahead. Maintain your toes pointed up the entire time.

Repeat 5 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### STEP DOWN - LATERAL

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box. Repeat to the other side, bilaterally

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Repeat 5 Times  
Complete 3 Sets

Hold 15 Seconds  
Perform 2 Times a Day



### HIP ADDUCTION - SEATED PILLOW SQUEEZE

Sit in a chair and place a pillow between your thighs/knees. Squeeze the pillow with your legs. Hold, relax and repeat.

Repeat 3 Times  
Complete 3 Sets

Hold 15 Seconds  
Perform 2 Times a Day



### HIP STRETCH - IR FLEX ADD - SEATED

Start by sitting on a chair with one leg crossed so that your ankle on one leg is on top of the thigh of the other leg. Next, pull the top knee up and towards your midline for a gentle stretch to your buttock and hip. Hold and then return to starting position and repeat.

Repeat 3 Times  
Complete 3 Sets

Hold 15 Seconds  
Perform 2 Times a Day



### HIP ADDUCTION - SIDE LYING

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 both legs.

Repeat 3 Times  
Complete 2 Sets

Hold 15 Seconds  
Perform 1 Times a Day