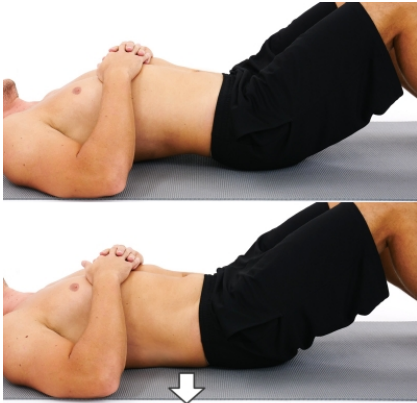


Hip Scope Early/Mid Home Exercise Program



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion. Video # VVHBZ4XN3

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



Supine PPT Dead bug

- Lay flat on your back with knees bent and feet flat
- Engage your core by pulling your hips towards your ribs and belly button towards your spine performing a posterior pelvic tilt
- Alternate lifting your legs in a small march.

****Ensure back does not leave the table (no arching)****

Start with just the marching. Once that is easy to maintain your pelvis position while marching, you can then add in reaching with opposite arm as you lift your leg.

Repeat 15 Times
Complete 3 Sets

Hold 0Seconds
Perform 1 Times a Day



Hip Internal Rotation - Partially Loaded

Stand in front & diagonal from a chair. Place this chair near a stable counter for you to hold on to for safety. Place affected side's foot on seat of chair. Allow your foot to roll inward as your knee rotates inward so your hip goes into internal rotation. If your knee is crossing midline, move your foot slightly further out to the side on the chair.

Repeat 10 Times
Complete 1 Set

Hold 2 Seconds
Perform 1 Times a Day

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. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body. Video # VV4R4FB65

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Once this is relatively easy on 2 feet, go to one foot. Video # VV446LPRP

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

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

Do not let your pelvis roll back during the lifting movement. Video # VVZLS2CSB



Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ



Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR



Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



Quadruped knee lift with hip extension:

- 1) Begin with hands directly under shoulders, knees directly under hips, and toes pointed up towards the shins.
- 2) Next, engage the glutes and core to set the spine, while also tucking the chin straight back towards the ceiling. Maintaining this position, lift the knees 1-2 inches off the ground.
- 3) Extend one leg back further engaging your glutes to reach a straight position and hold.
- 4) Make sure to maintain your hip level towards the ground, the spine in a neutral position and the knee 1-2 inches off the ground.

Repeat 5 Times
Complete 2 Sets

Hold 5 Seconds
Perform 1 Times a Day



Quadruped Glut Extension

Begin on hands and knees with your wrists directly under your shoulders and knees directly under your hips. Maintain tight abdominals and a flat back. Keep your knee bent and extend your hips as if you are kicking the ceiling (your hip acts as the axis of motion). Lower down and repeat this motion. Do not let your spine rock side to side and keep a flat back throughout this exercise.

Repeat 5 Times
Complete 2 Sets

Hold 5 Seconds
Perform 1 Times a Day



MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot. Video # VVKANC34L

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



STEP UP LATERAL

While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the same side that you started from. Video # VVAWKDKCN

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



SINGLE LEG STANCE - LATERAL SLS

While standing near a counter or object you can use to assist as needed with balance, stand on one leg and maintain your balance.

Once you can do just balancing relatively easily, add in holding your leg out to the side of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. □

Repeat on other leg. Video # VVMHVNKKA

Repeat 5 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



SINGLE LEG STANCE - REACH FORWARD SLS

Once standing on one leg and reaching other out to the side is easy, try this.

Stand on one leg and maintain your balance.

Next, reach forward with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day