



Hip Protocol

The following exercises are common for treatment of hip pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Hip Flexor Stretch** – Kneel on one knee, push your hips forward. Hold for 20-30 seconds. (3 sets per side)
2. **Hip Circles** – Lie on your back, make circles with one leg. (3 sets of 10 reps per direction)
3. **Clamshells** – Lie on your side, bend knees, and lift top knee while keeping feet together. (3 sets of 10 reps per side)
4. **Seated Hip External Rotations** – Sit, place one ankle on the opposite knee, press the knee down. Hold for 20-30 seconds. (3 sets per side)
5. **Hip Bridges** – Lie on your back, lift your hips. (3 sets of 10 reps)
6. **Single-Leg Glute Bridge** – Perform a bridge while lifting one leg. (3 sets of 10 reps per side)
7. **Fire Hydrants** – On all fours, lift one knee out to the side. (3 sets of 10 reps per side)
8. **Standing Hip Abduction** – Stand and lift one leg out to the side. (3 sets of 10 reps per side)
9. **Lateral Band Walks** – Place a resistance band above knees, step side to side. (3 sets of 10 reps per direction)
10. **Step-Ups** – Step onto a sturdy platform, push through your heel. (3 sets of 10 reps per leg)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.