Lunge Hip Flexor Stretch with Pelvic Tilt

1. Start in a lunge position with a pillow under your knee for protection with the knee of the side you want to stretch on the floor or pillow.
2. Do a pelvic tilt or tuck your tailbone in, and gently lean forward until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=jpEFB8Cmx0M

Hip Flexor Stretch Lunge Position

1. Start in tall kneeling with both knees on the ground. Use a pillow under your knee for protection if you would like. Keep the knee of the side you want to stretch on the floor. Bring the other leg forward putting your foot on the floor in a lunge position.
2. Keeping your back straight and upright, tuck in your tailbone and lean forward until you feel a stretch. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=3gwJslxvnd0

Standing Quad Stretch

1. Hold onto something sturdy like a chair or counter top, and grab your foot behind you bending at the knee.
2. Pull your foot towards your buttocks, and bring your knee slightly behind you. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

**If you can't grab your foot, you can use a belt or stretch strap to pull your foot up.**

Video: hepbuilder.com/v.php?y=9nnqmB6RSyU
### Bridging

1. Lie on your back with your knees propped up and your feet flat on the floor or bed.
2. With your arms by your side, push your hips up off the floor or bed until you make a straight line with your body, and then slowly come back down.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: [hepbuilder.com/v.php?y=8CMrEkhr!w](hepbuilder.com/v.php?y=8CMrEkhr!w)

### Heel Raises Standing

1. With your feet about shoulder width apart, stand next to a sturdy chair or counter top and hold on for balance.
2. Lift your heels off the floor as high as you can, and slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day


### Hip Abduction in Sidelying

1. Lie on your side with the leg you want to exercise on top. The bottom leg can be slightly bent. Keeping your hips perpendicular to the ground and your body in a straight line. Pull your toes up towards you to lock out your knee.
2. Leading with your heel, lift your leg about 12 inches off the floor or bed, and slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: [hepbuilder.com/v.php?y=MyaMRYS0E6Y](hepbuilder.com/v.php?y=MyaMRYS0E6Y)
**Hip Adduction in Sidelying**

1. Lie on your side with the leg you want to exercise on the floor or bed. The top leg can be bent in front or behind the other leg. Keeping your hips perpendicular to the floor or bed and your body in a straight line, pull your toes up toward you to lock out your knee.

2. Lift your leg towards the ceiling about 4-6 inches, and slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: [hepbuilder.com/v.php?y=fJOyrKGEy7Q](hepbuilder.com/v.php?y=fJOyrKGEy7Q)

**Hip Extension in Prone**

1. Lie on your stomach, and pull your toes toward you.

2. Keeping your knee straight, lift your leg about 4 inches off the floor or bed, and slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: [hepbuilder.com/v.php?y=0EAc1rBAXpQ](hepbuilder.com/v.php?y=0EAc1rBAXpQ)

**Straight Leg Raise Supine**

1. Lie down on your back and bend one leg up. Straighten out the leg you want to exercise. Pull your toes towards you to lock out your knee.

2. Keeping your knee straight, lift the leg to the height of the other, and slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day


**Squats**

1. Stand with your feet shoulder width apart and facing forward.

2. Keeping your knees behind your toes, squat down while sticking your bottom out and bringing your chest forward, then come back up.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: [hepbuilder.com/v.php?y=bSj_DLUABqg](hepbuilder.com/v.php?y=bSj_DLUABqg)
Lunges

1. Stand with one foot in front of the other about 2 feet apart. Keep both feet facing forward.
2. Keeping your back straight and your front knee behind your toes, bring your back knee down towards the floor, and slowly come back up.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

*Include light biking for 30 min, gradually increasing resistance as tolerated.

*As exercises become easier and pain decreases, consult Athletic Trainer for progression to increasing weights and plyometric activities.

Video: hepbuilder.com/v.php?y=we7wQmlIvoQ

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.