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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Hip Home Exercise Program (Rebuilt)

HIP STRENGTHENING & MOBILITY

Glute Squeeze **Repeat 15 times. Do 2 sets**

Lie flat on your back. Squeeze your glutes together, hold 2-3 seconds. Relax.



Pelvic Tilt **Repeat 10-15 times. Do 2 sets**

Lie on your back with your knees bent and feet flat. Tighten your abdominal muscles and flatten your low back into the bed, rolling your pelvis backward. Hold 3-5 seconds. Relax.



Bridging **3 sets of 10 repetitions, 3 times a day**

While lying on your back, bend both knees with your feet flat and shoulder width apart. Keeping your feet in place, tighten and raise your buttocks off the ground. Hold for 5 seconds. Return to original position.



Clamshell **Repeat 10-15 times per side. Do 2 sets**

Lie on your side with hips and knees bent to about 45 degrees, feet stacked together. Keeping your feet touching and your pelvis still, open the top knee toward the ceiling. Slowly lower back down. Switch sides.





Side-Lying Hip Abduction **Repeat 10-15 times per side. Do 2 sets**

Lie on your side with the bottom knee bent for balance and the top leg straight. Lift the top leg toward the ceiling, keeping the knee straight and toes pointing forward. Slowly lower. Switch sides.



Hip Flexion, Theraband (Knee Bent) **3 sets of 10 repetitions, 3 times a day**

While standing with the theraband around the ankle of the injured leg, bend the hip and knee. Hold for 3-5 seconds. Return to original position.



Hip Flexion, Theraband (Knee Straight) **3 sets of 10 repetitions, 3 times a day**

While standing with the theraband around the ankle of the injured leg, bend the hip while keeping the knee straight. Hold for 3-5 seconds. Return to original position.



Hip Abduction, Theraband **3 sets of 10 repetitions, 3 times a day**

While standing with the theraband around the ankle of the injured leg, bend the hip away from the opposite leg while keeping the knee straight. Hold for 3-5 seconds. Return to original position.



Hip Adduction, Theraband **3 sets of 10 repetitions, 3 times a day**

While standing with the theraband around the ankle of the injured leg, bend the hip towards the opposite leg while keeping the knee straight. Hold for 3-5 seconds. Return to original position.



Hip Extension, Theraband **3 sets of 10 repetitions, 3 times a day**

While standing with the theraband around the ankle of the injured leg, extend the hip while keeping the knee straight. Hold for 3-5 seconds. Return to original position.

SUPPORTING KNEE & LUMBAR WORK (FROM ORIGINAL DOC)



Hamstring Curl (Prone) Repeat 10-15 times. Do 2 sets

Lie on your stomach with a pillow under your hips. Keep the front of your thigh on the bed, and slowly bend your knee to lift the foot off the ground. Slowly lower back down.



Prone Terminal Knee Extension Repeat 10-15 times. Do 2-3 sets

Lie on your stomach with your ankle propped up. Keeping your hip in contact with the bed, press your knee up to straighten it. Hold 3 seconds. Slowly lower back down.



Cat Camel Repeat 10-15 times. Do 2 sets

Position yourself with your knees directly under your hips, and hands under your shoulders. Arch your back up to feel a stretch in your back, then slowly sink your stomach downward to curve your back the other way. Hold 1-2 seconds in each position.



Heel Digs Repeat 10 times. Do 2 sets

Lie on your back with the knee slightly bent. Dig your heel into the bed, as if to drag your foot up toward you, but do not move the leg. You should feel the back of your thigh tighten. Relax.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.