

# Hip Open Chain Strengthening

**\*\*Basic Alignment:** This is the proper alignment for ALL the following exercises. Do these exercises against a wall lying down on one side with your **head, glutes, and heels** touching the wall with your legs completely straight. Prop your head up with your arm or a pillow. Tighten your abs/core and your glutes throughout the movements. If need be, put your top arm in front of your chest for support. Be sure to check your alignment throughout the exercises!! Perform the movement *slowly*, counting 3 seconds on the way up and 3 seconds returning leg to starting position.

**\*\*Repetitions:** Begin with doing 5-10 repetitions per exercise. Eventually increase repetitions to 30. Many patients benefit with performing on both sides.

- **Clamshell:** Starting in the basic alignment, bend your knees while keeping your heels against the wall. Lift your top leg while keeping your heels together. Repeat for recommended number of repetitions.
- **Short Arc Leg Raise:** Starting in the basic alignment, lift your top leg about 12 inches and then bring it back down. Repeat for recommended number of repetitions.
- **Circles:** Starting in the basic alignment (legs straight), lift your top leg slightly and make a circle starting in the clockwise direction for the recommended number of repetitions. Repeat the same number of circles in the counterclockwise direction.
- **Hip Flexion/Extension:** Starting in the basic alignment (with legs straight throughout the movement), lift your top leg slightly and move your leg away from the wall as far as you can without tipping over. Then move the leg back to the wall and repeat for recommended number of repetitions.
- **Bicycle:** Starting in the basic alignment, bend your top leg and bring the bent knee up towards your stomach. Then straighten out the top leg and bring it back to the wall. Think of yourself as riding a sideways bicycle; the motion should be the same.
- **Long Arc Leg Raise:** This move is an advanced version of the short arc leg raise. Starting in the basic alignment, lift your top leg about 12 inches (this is your new starting point). Pause, then lift your leg another 12 inches and then bring it down to the new starting point. Repeat for recommended number of repetitions.

## Hip Strengthening Progression

- **Clam Shell** against wall: 3 points of contact
- **Bridging on Ball**
- **Bridging with Hamstring Curls on Ball**
- **Ball Table** – Move from sitting to a table position then return to sitting. Shoulders on center of ball, head resting on ball, walk out straight, hold 3-6 seconds. Start with 3 times and move to 10 times each session.
- **Monster Walks**– progress band from above knee to feet. Watch toes straight ahead, look forward, keep torso from moving excessively
- **Ball Squat on Wall**
- **Ball Squat on Wall with Band Around Knee**
- **Balance lunge or Split Squat**

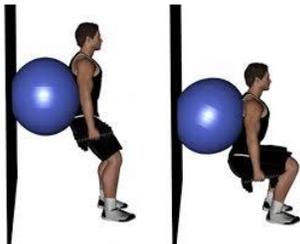
## 6 Move Hip Series: Open Chain

Open Chain Strengthening: Perform 5 times in each exercise and move directly to next exercise, progression to 30 of each exercise. Return to previous exercise, if cannot perform while maintaining posture.

- **Short arc abduction** (SAAbd)- against wall on side, lift leg, push leg against wall, 15-20 degrees
- **Hip flexion / extension** - against wall on side, lift leg, push leg flexion to extension
- **Long arc abduction** - Hip abducted 30 degrees
- **Bicycle** – On side, flex knee to 90, then extend knee, then extend hip back to wall
- **Circles**: clockwise / counter clockwise, keep foot flexed, draw circles with foot, knee straight

# Hip Strengthening Advanced

Ball Squat on Wall:



Bridging with Hamstring Curls:



Ball Table:



Monster Walks:



Bridging on Ball:



Balance Lunge or Split Squat:

