

HIP EXERCISE PROTOCOL



General Guidelines:

1. Exercises should be pain-free.
2. Complete exercises slowly.
3. Maintain correct position.
4. Ice following exercise (10-20 minutes)
5. Exercise 4 days per week.

Christopher M. Larson, MD

Bridging Side Bridging



L1 bridge with adductor Facilitation



L1 bridging progression



L1 bridging progression



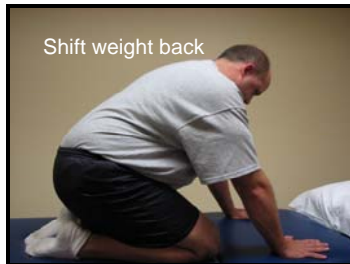
L1 side bridging with adductor facilitation and abdominal brace



L1 side bridging with abdominal bracing

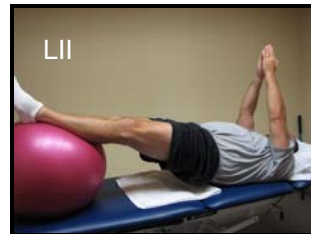


Advanced side bridge 1



Shift weight back

Quadrupedal posterior capsular shift



LII

LII bridging with abdominal brace



Advanced bridging



L1 squat with posterior shift

775 Prairie Center Drive, Suite 250, Eden Prairie, MN 55344

Phone: 952-944-2519 Fax: 952-944-0460

HIP EXERCISE PROTOCOL



General Guidelines:

- 1. Exercises should be pain-free.
- 2. Complete exercises slowly.
- 3. Maintain correct position.
- 4. Ice following exercise (10-20 minutes)
- 5. Exercise 4 days per week.

Christopher M. Larson, MD

LI Step-up and Returns (posterior, lateral, and anterior) Functional Step-Down and Return Progressions



Step up

LI



Step up front

LI



Side step up foot forward

LI



Step up posterior

LII



Step up 45° to the front

LII



Step up to the side with foot ER

LII

Lunge Matrix



Side lunge foot forward



Side lunge foot ER



Rear/side lunge foot ER



Cross over lunge

775 Prairie Center Drive, Suite 250, Eden Prairie, MN 55344

Phone: 952-944-2519 Fax: 952-944-0460

HIP EXERCISE PROTOCOL

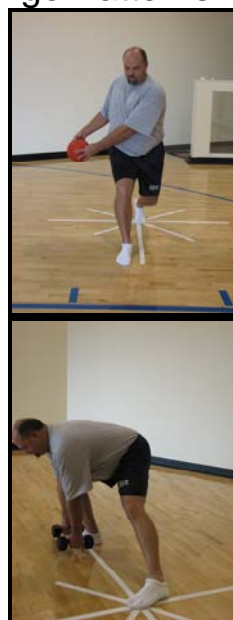


Christopher M. Larson, MD

General Guidelines:

1. Exercises should be pain-free.
2. Complete exercises slowly.
3. Maintain correct position.
4. Ice following exercise (10-20 minutes)
5. Exercise 4 days per week.

Functional Lunge Patterns



775 Prairie Center Drive, Suite 250, Eden Prairie, MN 55344

Phone: 952-944-2519 Fax: 952-944-0460