

Hip Protocol:

1. Hip Flexion:

- With foot on beam or high mat lift leg straight upward. (Ideally this should be a contraction from about 80-90 degrees of hip flexion.)



2. Hip Abduction:

- Start in a position where the leg is out to the side and on a small beam or block.
- Lift leg as high up as range allows without turning hip out.



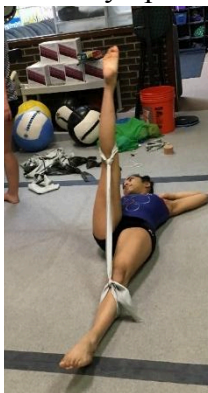
3. Hip Extension:

- Start with leg behind you on low beam or block with chest upright.
- Lift foot off mat toward sky as high as possible.
- Slowly lower back to beam or block.



Theraband Exercises:

4. Star Kicks with Theraband around ankles
 - 5 Star Kicks each leg
5. Split Kick Up:
 - Place Theraband around both feet.
 - Engage one leg by pushing down to the ground.
 - With the opposite leg kick forcibly upward.



6. Split Kick Down:
 - Place Theraband around both feet.
 - Hold both legs up at a 90-degree angle.
 - Engage one leg by actively holding it at this angle.
 - With the opposite leg kick forcibly downward.



7. Straddle Kick:

- Place Theraband around both feet.
- Begin with feet pointing to ceiling.
- Keeping knees straight forcibly kick to a straddle position.



8. Hip Rotation:

- Place theraband under knees in a kneeling position.
- Lower yourself into a side sitting position.
- Now raise to a kneeling position.
- Lower yourself to side sitting in the opposite direction.



9. Hip External Rotation:

- Place theraband around your knees with your feet touching.
- Push your knees outward into a butterfly position while keeping feet together.
- Slowly bring knees back together without allowing them to ‘snap’ back.



10. Hip Adduction/ Ball Squeeze:

- Place a 4-inch ball between your knees.

- Squeeze the ball and hold for 5 seconds.
- Repeat 20 times.

