



Home Exercise Program

Created by Alisha Walters Nov 30th, -0001

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Total 4

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body.

Video # VV4R4FB65

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 3 Times a Day

SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.



Do not let your pelvis roll back during the lifting movement.

Video # VVZLS2CSB

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

**HIP ABDUCTION - STANDING**

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.



Use your arms for balance support if needed for balance and safety.

Video # VVWVJJHEQ

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

**HIP EXTENSION - STANDING**

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Video # VVTS2N85T

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day