

# HIP EXERCISE PROTOCOL



Twin Cities Orthopedics  
Eden Prairie

Christopher M. Larson, MD  
Scott Dack, ATC, PA-C

## 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.

## Bridging Side Bridging



LI bridge with  
adductor Facilitation



LI bridging  
progression



LI bridging  
progression



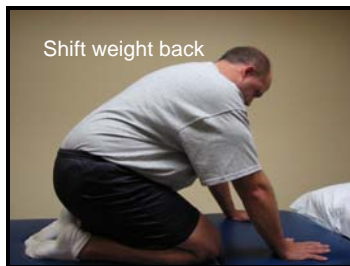
LI side bridging with adductor  
facilitation and  
abdominal brace



LI side bridging with  
abdominal bracing

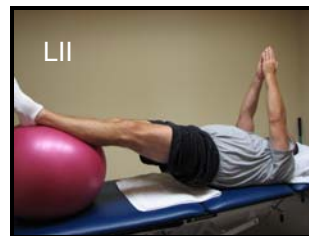


Advanced side bridge 1



Shift weight back

Quadruped posterior  
capsular shift



LII

LII bridging with  
abdominal brace



Advanced  
bridging



LI squat with  
posterior shift

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

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

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## 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

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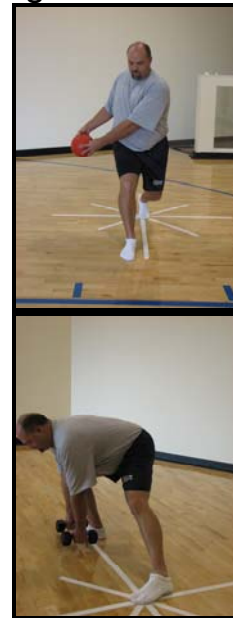
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## Functional Lunge Patterns



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