

**Bryan T. Kelly, MD**  
Center for Hip Pain and Preservation  
Hospital for Special Surgery

**HOME EXERCISE PROGRAM: STRENGTHENING**



**Supine Bridging** – Lying on your back with knees bent, tighten abdominals and raise hips off table. Hold for 2-3 seconds. Do 1-2 sets of 10.



**Static Hip Flexor Stretch** – Place 1-2 pillows under hips. Hold for 10-15 minutes while icing.



**Hip Abduction Isometrics** – Lying flat on your back with a Theraband wrapped around ankles, contract your quadriceps and tighten against the band pushing out. Hold for 5-10 seconds. Do 1-2 sets of 10.



**Hip Adduction Isometrics** – Lying flat on your back, place a ball or pillow at your ankles. Contract your quadriceps and squeeze the ball. Hold for 5-10 seconds. Do 1-2 sets of 10.

**Bryan T. Kelly, MD**  
**Center for Hip Pain and Preservation**  
**Hospital for Special Surgery**



**Isometric ER** – Lying on your back, put Theraband at top of feet. Contract your quadriceps and rotate feet outwards. Hold position for 5-10 seconds. Do 1-2 sets of 10.



**Short Arc Quadriceps** – Lying on your back, tighten your abdominals, and straighten your Leg. Hold for 2-3 seconds. Do 1-2 sets of 10.



**Pelvic tilts:** Lying on your back with knees bent up, tighten stomach to flatten small of back onto floor. Hold position for 5 seconds, then relax slowly. Repeat 20 times.

-Perform these exercises only if pain-free!!! If you experience pain, stop the exercise and follow up with your physical therapist or your doctor!

-Please feel free to contact us with any questions or concerns.

**535 East 70<sup>th</sup> St**  
**New York, NY 10021**  
**Tel: 212.606.1159 Fax: 646.797.8865**