

Hip/Core Pre-rehab Program

General Guidelines:

1. Program should be done 3-4 times a week
2. 3 sets of 10 repetitions
3. These exercises are to be used as a guide only. If you experience pain during or after these Exercises, they should not be performed.

Strengthening



Supine Bridging



Mini Squats on Balance Board



Step Downs



Wall Sits



Cable Column Hip Extension



Hip Abduction



Hip Adduction



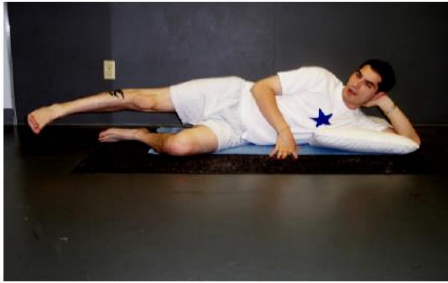
Hip Hiking



Side Stepping with Theraband



Clam Shells



Hip Abduction



Hip Adduction



Prone Hip Extension



Front Planks



Side Planks



Abdominal Crunch



Bird Dog

Stretching and Flexibility



Standing Hip Flexor Stretch



Standing Adductor Stretch



Combo Hip Flexor and IT-Band Stretch (cross involved leg over uninvolved)