




## RECOVERY

# Hip Rehabilitation Exercises


*To ensure that this program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals.*

After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities.

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**Hip Conditioning Program**  
STRETCHING EXERCISES

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**1. Standing Iliotibial Band Stretch**

**Repetitions:** 2 sets of 4

**Days per week:** Daily


**Main muscles worked:** Tensor fascia  
You should feel this stretch at the outside of your hip.

**Equipment needed:** None

**Step-by-step directions**

- Stand next to a wall for support
- Cross the leg that is closest to the wall behind your other leg.
- Lean your hip toward the wall until you feel a stretch at the outside of your hip. Hold the stretch for 30 seconds.
- Repeat on the opposite side, then repeat the entire sequence 4 times.

**Tip:** Do not lean forward or twist at the waist.



**2. Seated Rotation Stretch**

**Repetitions:** 2 sets of 4

**Days per week:** Daily


**Main muscles worked:** Piriformis  
You should feel this stretch in your buttocks, as well as at your sides.

**Equipment needed:** None

**Step-by-step directions**

- Sit on the floor with both legs straight in front of you. Cross one leg over the other.
- Slowly twist toward your bent leg, putting your hand behind you for support.
- Place your opposite arm on your bent thigh and use it to help you twist further.
- Look over your shoulder and hold the stretch for 30 seconds. Slowly come back to center.
- Reverse leg positions and repeat the stretch on the other side. Repeat the entire sequence 4 times.

**Tip:** Keep your sit bones pressed into the floor throughout the stretch.



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## Last Reviewed

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