

Key Hip Strengthening Exercises

These exercises are designed to strengthen your gluteal muscles around your hip and bottom

Hip External Rotators-Clamshells

Lie on your side with the leg you

want to strengthen on top (both are good)

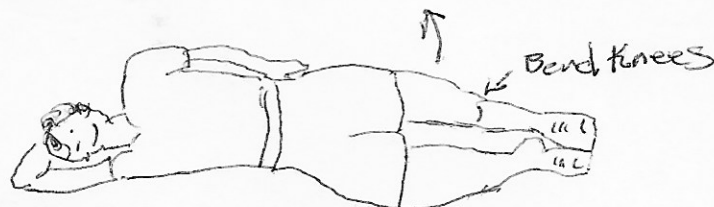
Pull your lower tummy muscles in but do not hold your breath

Say "Shhhhh"

Keep your ankles together and raise the top knee

up towards the ceiling, then lower slowly.

Repeat ___ times. **Stop when quality goes down or pain goes up!**



Hip Extensors-Bridging

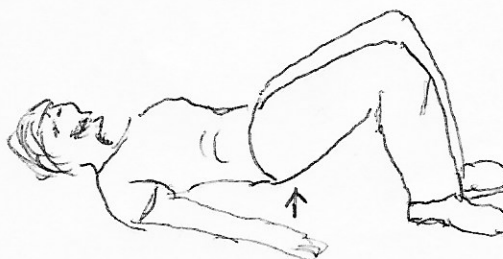
Lie on your back with feet flat on the floor

Tilt your pelvis backwards, squeeze your buttocks

Lift your hips but not too high-no arch in the back

Lower slowly. Hold 5 to 10 seconds if you can

Repeat ___ times



Favorite websites for MS Exercise and lifestyle information:

Can Do MS info@cando-ms.org

Rocky Mountain MS Center info@mscenter.org

For questions please email: Patty Glatfelter-retired physical therapist--- jspg@live.com