

Patty's PT Tips

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October 16, 2022

Hip Strengthening Exercises-Part 2 Standing Exercises

Please refer to the instructions attached to the October 19, 2022 PT Tips

Quick Review:

- Try to maintain a neutral knee and hip alignment while contracting muscles
- Try to hold a minimum of 3 seconds to a maximum of 10 seconds
- Keep in mind: holding the belly button in, shoulders pulled back, chin tucked
- Exercising in weight bearing will fire a chain reaction in many muscles

I intentionally have not placed a time for the holding or number of repetitions on the exercises below as each person's abilities are different and you must start where you are at to prevent injury. Initially, less may be more to find out what are your current capabilities. You do not have to do all these exercises every day. Pick a few to do well and alternate different exercises on different days. Look for your weak points and work more specifically on those exercises mindfully. You may need to "fill holes" of weak muscle groups by doing bed/floor exercises. Keep an exercise diary. It will keep you honest and motivated.

As always- Don't forget to breathe! Pace yourself. Pay attention to muscle fatigue. Lousy quality of exercises is not a good training technique. A well-designed program may take a little longer period of time than you initially anticipated. *Cut yourself some slack and celebrate your successes!*

Calf muscles-Start and end with gentle standing calf stretches-prolong stretches and alternating movements work. Look at the angles at ankle, knee, hip and low back when stretching. Avoid muscle cramping.

Calf Raises: Touch a wall or counter top to maintain balance as necessary. Slowly raise up on toes and lift heels, hold, then slowly lower. Tighten buttocks throughout. Rock onto heels and lift up the toes as able. Tighten belly muscles. Hold. Repeat.

Standing hip abduction: Standing at kitchen counter or holding onto back of chair to maintain balance. Slowly kick leg out to side. Try to keep pelvis level. Hold. Repeat.

Standing hip flexion: March your knee up as high as possible while bending the hip and knee. Lifting the toes at the same time will reinforce the movement. Hold. Repeat.

Standing hip extension: Keeping your knee straight, slowly kick your leg backward. Do not arch your low back. Hold. Repeat.

Sink Squats: At the kitchen counter have a chair firmly behind you. From standing bend back at your hip as if to sit. Touch the chair with the buttocks (if you are able) before returning to the standing position. Attempt to do slowly and smoothly. “Hovering” over the chair seat makes it tougher. Repeat.

Squat to Stand: As you stand from a seated position near edge of chair keep your back in a neutral position. Initially bend forward at the hips (nose over toes) as you begin to stand. Correct your standing posture. To return to sitting first bend your hips backward toward seat. Move slowly and smoothly. Repeat.

Single Leg Stance: Stand in a corner. Ensure a safe environment by having a chair in front of you. When standing on one leg, keep your hips level, your trunk upright and your knee soft. Hold. Increase time as able. Check your time so you can note your progress. Even a few seconds of balance is a valuable learning tool for your nervous system.

Hug yourself and pat yourself on your back when you’re done. It seems silly but it releases more endorphins!