

# Patty's PT Tips

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## Hip Strengthening Exercises—A Main Base of Support

- Exercise needs to be ramped up slowly to prevent injury or overfatigue.
- Gluteal muscles (buttocks) can be exercised in many positions.
- Gluteal muscle fibers run in many directions so to address all these muscle fibers they benefit from being exercised in many different positions.

**Buttock (glut) squeezes**-lying on back or in standing. Hold your belly button in. Keep legs in straight alignment. Try to hold a minimum of 3 seconds or a maximum of 10 seconds. Repeat a minimum of 8 reps. Maximum of 3 sets of 10 reps. This exercise can be done lying on belly (prone) or laying with a pillow under belly. It may be easier to stabilize the pelvis with feet hanging off end of bed.

**Hip abduction**-may be done lying on back, side lying or in standing.

1. On Back-may be done with one leg or both legs simultaneously. The low back should be held in neutral (no arching of low back) with belly button held in.
2. In Side lying-bottom knee bent at 45 degrees. Low back in neutral. Top leg straight. There is no need to raise the top leg higher than 45 degrees.

**Hip External Rotation-“Clamshells”**-both knees bent to 45 degrees. Top thigh rolls up toward ceiling slowly and controlled in up and down effort.

**Seated hip abduction with external rotation** in sitting. Place theraband loop around lower 1/3 of thighs. Push thighs apart and roll outward. Hold for 3 counts. Slowly return to starting position. Keep your spine in a neutral position. Don't forget to BREATHE!

**Standing hip extension**-keep pelvis level. Hands lightly on kitchen counter. Kick backward from the hip joint. Slowly return to starting position. Keep lumbar (low back) spine straight. Alternate legs.

**Standing hip flexion-“marching”** in standing. Good posture is the most important aspect. Tighten your butts, guts and keep shoulder blades back and down. Keep your pelvis level. If you notice one side drops you are not strong enough to do this exercise efficiently with safety of the low back in mind. Keeping the pelvis level exercises the gluteus medius. In all exercises avoid overcompensating!