

Hip Strengthening – Beginner Home Program

5 exercises · a mat, a sturdy chair and a counter

Patient name: _____ Date: _____ Hip: ☐ Left ☐ Right ☐ Both

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 2-3 sets of 10 reps, 1 time(s) per day (day / week) **Hold:** 3-5 sec

How: Move slowly and with control, only in a comfortable range. Breathe normally, don't hold your breath. Mild stretch or muscle tiredness is OK; pain is not.



1 Clamshell · Side hip muscles

☐ Assigned

1. Lie on your side, hips and knees bent, heels together.
2. Keep your heels touching and **lift your top knee** up.
3. Hold 3–5 sec, then lower slowly.

Key cue: Don't let your hips roll back. A small lift is fine.



2 Bridge · Buttock muscles

☐ Assigned

1. Lie on your back, knees bent, feet flat and hip-width apart.
2. Squeeze your buttocks and **lift your hips** until shoulders, hips and knees line up.
3. Hold 3–5 sec, then lower slowly.

Key cue: Push through your heels. Don't arch your low back.



3 Standing Hip Extension · Leg straight back

☐ Assigned

1. Stand tall holding the back of a sturdy chair.
2. Keep your knee straight. Move your leg **back** behind you.
3. Hold 3–5 sec, then return slowly.

Key cue: Squeeze your buttock. Don't lean forward or arch your back.



4 Side Stepping · Side hip muscles

☐ Assigned

1. Face a sturdy counter, holding it with both hands.
2. Take **10 small steps sideways** along the counter.
3. Then step back the other way.

Key cue: Toes face the counter. Don't cross your feet. Stand tall.



5 Sit to Stand · Chair stands

☐ Assigned

1. Sit at the front of a sturdy chair, feet flat, a little behind your knees.
2. Lean forward, "nose over toes," and **stand up** tall. Pause 3–5 sec.
3. Slowly sit back down with control.

Key cue: Use your hands on the chair if you need to. Knees in line with toes.



Safety: Stop if you feel sharp pain in the hip or groin, or your leg gives way, and call your therapist. Use a sturdy chair that won't slide. Hip replacement? Follow your surgeon's and therapist's precautions first.

Notes from your therapist:
