

Hip Pain: Phase 2

1 LEG STRENGTH | EXERCISES 1-4 | 3 SETS



SIDE-LYING HIP ABDUCTION
10 reps



STEP-UPS
10 reps

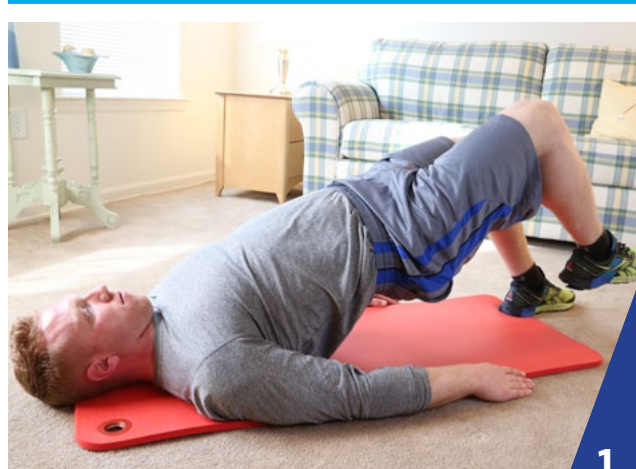


SINGLE LEG WALL REACH
10 reps

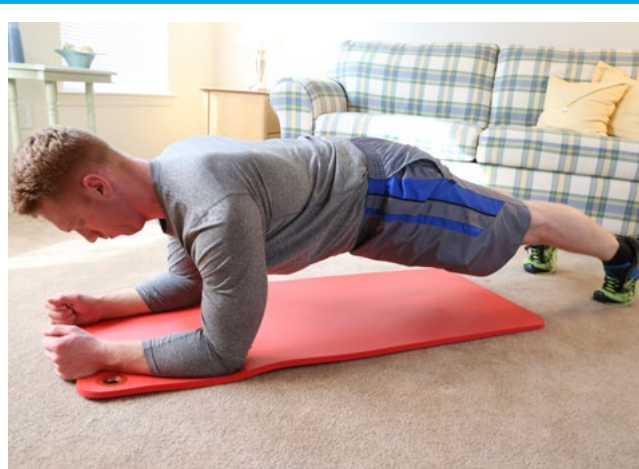


WALKING LUNGES WITH HOLD
10 reps, then repeat Leg exercises 1-4

2 CORE | EXERCISES 1-3 | 3 SETS



GLUTE BRIDGE MARCH
3 second hold, 10 reps each leg



PLANK
30 second hold, one rep



SIDE PLANK (KNEES)
30 second hold, one rep each side, then repeat Core exercises 1-3

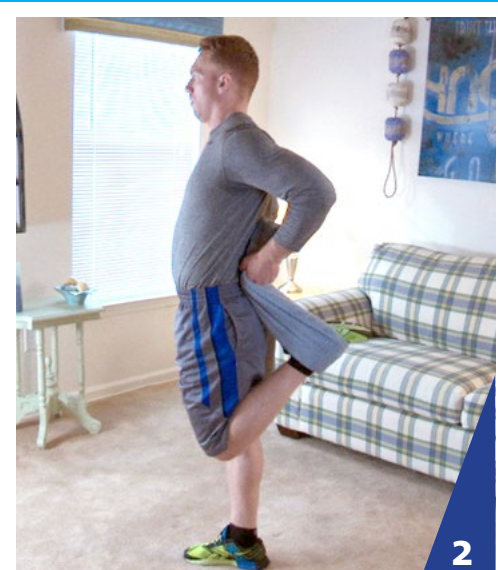
3 CARDIO | 20-30 MINUTES

low-impact cardio, such as bike, row, elliptical, running (treadmill or cushioned track)

4 STRETCH | EXERCISES 1-4 | 1 SET



SELF-MASSAGE—QUAD
30-60 second hold, 2-3 reps, rest 5-10 seconds



STANDING QUAD STRETCH
30-60 second hold, 2-3 reps, rest 5-10 seconds



LYING GLUTE STRETCH
30-60 second hold, 2-3 reps, rest 5-10 seconds



LYING HAMSTRING STRETCH (WITH TOWEL)
30-60 second hold, 2-3 reps, rest 5-10 seconds