




Hip Stabilizing Muscle Strengthening Exercises

	<p>Hip Abductor Strengthening - Standing</p> <p>Place opposite foot behind band</p> <p>Move involved leg outward, keeping knee straight.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
	<p>Hip Flexor Strengthening - Standing</p> <p>Place opposite foot beside band</p> <p>Move involved leg forward, keeping knee straight or with slight “soft knee”.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
	<p>Hip-Core external rotation</p> <p>Stand with feet side by side, band around one leg attached in front of you</p> <p>Move involved leg backward while externally rotating, keeping knee straight or with slight “soft knee”.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: 10 reps</p>
	<p>Hip-core internal rotation</p> <p>Stand with involved knee externally rotated and behind you at 45, band around that leg attached behind you</p> <p>Move involved leg forward while internally rotating, keeping knee straight or with slight “soft knee”.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets; 10 reps</p>

Day	Sets	Reps
1	1	10
2	2	10
3	2	10
4+	3	10

Always after or well before a run!
Gently stretch before and after.