HIP MUSCLE STRENGTHENING EXERCISES

**Hip Abductor - Standing**

Place opposite foot behind band

Move involved leg outward, keeping knee straight.

2 seconds out and 2 seconds in, control the motion throughout.

**Hip Flexor - Standing**

Place opposite foot beside band

Move involved leg forward, keeping knee straight or with slight “soft knee”.

2 seconds out and 2 seconds in, control the motion throughout.

**Hip External Rotator - Seated**

In seated position, move leg outwards and return to starting position slowly.

Keep knees together.

2 seconds out and 2 seconds in, control the motion throughout.

<table>
<thead>
<tr>
<th>Day</th>
<th>Sets</th>
<th>Reps</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
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<tr>
<td>4+</td>
<td>3</td>
<td>10</td>
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**ALWAYS** perform these exercises **AFTER** a run!

These are your key stabilizing muscles and if these exercises are done before the run the risk of injury increases due to fatigue.

Progress up to 3 sets of 10 repetitions over a 3-4 day period to avoid muscle soreness. Gently stretch before and after.

Several factors are related to a running injury. However, based on our research, you should perform these 3 exercises every day for the next 6 weeks to gain the necessary muscle strength to avoid injury and optimize your rehabilitation. Then, simply performing them 2 times per week thereafter will serve to maintain the strength you have gained.

For more information visit: [www.runninginjuryclinic.com](http://www.runninginjuryclinic.com)