

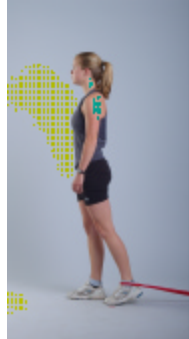





HIP MUSCLE STRENGTHENING EXERCISES

		<p>Hip Abductor - 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>
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		<p>Hip Flexor - 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>
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		<p>Hip External Rotator - Seated</p> <p>In seated position, move leg outwards and return to starting position slowly.</p> <p>Keep knees together.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
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Day	Sets	Reps
1	1	10
2	2	10
3	2	10
4+	3	10

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.