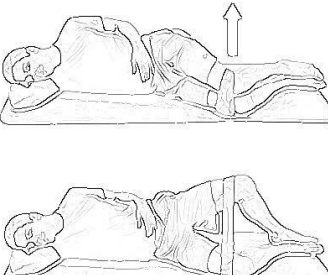




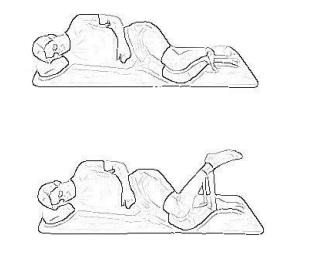
# Trinity Health

## LATERAL HIP STRENGTHENING EXERCISES

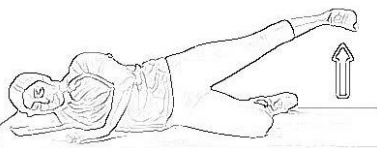
### Side-lying Clams

	<p>Begin lying on your side with your knees bent and elastic band wrapped around your knees. Lift your top knee up towards the ceiling, while keeping your feet in contact with each other. Do not let your pelvis roll backward, ensuring it is perpendicular to the ground at all times.</p> <p>Repeat 10 times on each side Perform 3 sets per session Perform 1-2 sessions per day</p>
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### Reverse Side-lying Clams

	<p>Begin lying on your side with your knees bent and elastic band wrapped around your ankles. Lift your top foot up towards the ceiling, while keeping your knees in contact with each other. Do not let your pelvis roll backward, ensuring it is perpendicular to the ground at all times.</p> <p>Repeat 10 times on each side Perform 3 sets per session Perform 1-2 sessions per day</p>
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### Side-lying Hip Abduction

	<p>Begin lying on your side with your bottom knee bent and your top knee straight. Lift your top leg toward the ceiling and slightly behind you, keeping your toes pointed forward or down (not up). Do not let your pelvis roll backward, ensuring it is perpendicular to the ground at all times.</p> <p>Perform 10 times on each side Perform 3 sets per session Perform 1-2 sessions per day</p>
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## LATERAL HIP STRENGTHENING EXERCISES

### Side Plank with Clam

	<p>Begin lying on your side with knees bent. Lift yourself up onto your knee and elbow, then raise the upper most knee. Can perform with band around knees to increase intensity.</p> <p>Hold side plank with knee up for 20-30 seconds Repeat 3 times per session Perform 1-2 sessions per day</p>
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### Resisted Side Steps

	<p>Begin standing with elastic band around your knees. Take a large step to the side. The trailing leg should then take a small step toward the lead foot, maintaining tension on the band at all times. Repeat.</p> <p>Perform 10 steps in each direction Perform 3 sets per session Perform 1-2 sessions per day</p>
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### Forward and Backward Monster Walks

	<p>Begin with elastic band looped around your knees or ankles. Keeping tension on the band (keeping your feet spread apart), take a step forward. The band should not lose tension. Repeat for multiple steps forward then perform the same exercise walking backwards. C</p> <p>Perform 10 steps in each direction Perform 3 sets per session Perform 1-2 sessions per day</p>
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