Hips Exercise Routine Sheet

Patient Name: _____ Exercise Routine Date: _____

☐ Hip Abduction Range of Motion
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Adduction Range of Motion
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip and Gluteal Stretch
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Extension Range of Motion
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Flexion Range of Motion
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Butterfly Hip Stretch
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Knee to Chest Stretch
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Knees to Chest Stretch
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Lateral Hip Stretch
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Psoas Stretch
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Abduction Strengthening with a Therapy Band
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Adduction Strengthening with a Therapy Band
Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

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Hips Exercise Routine Sheet (con't)

Patient Name: _____ Exercise Routine Date: _____

☐ Hip External Rotation Strengthening with a Therapy Band

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Flexion Strengthening with a Therapy Band

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Hip Internal Rotation Strengthening with a Therapy Band

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Pelvic Tilts

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Pelvis Bridge

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Pelvis Bridge with Alternating Leg Extensions

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

☐ Side Lying Bridge

Sets ____ Reps ____ Frequency ____ Time ____ Duration ____

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