

HOME EXERCISE PROGRAM

Hip Home Exercise Program

A complete conditioning program — flexibility, gluteal strength, and balance

This program restores flexibility and rebuilds the gluteal and core-hip muscles that stabilize the pelvis — the same approach used in physical therapy for hip and buttock pain, bursitis, and IT band problems. Warm up for 5–10 minutes first, and do the stretches before and after the strengthening work.

FLEXIBILITY

Do these daily, holding each stretch steady.



Standing IT Band Stretch

2 sets × 30-sec holds each side, daily

Stand next to a wall and cross the affected leg behind the other. Lean your hip toward the wall until you feel a stretch along the outer hip and thigh.



Seated Figure-4 Stretch

2 sets × 30-sec holds each side, daily

Seated, cross the affected ankle over the opposite knee and gently lean forward with a tall back until you feel a stretch deep in the buttock.



Knee to Chest

2 sets × 30-sec holds each side, daily

Lying on your back, pull one knee toward your chest until you feel a comfortable stretch in the buttock and lower back. Keep the other leg relaxed.



Supine Hamstring Stretch

2 sets × 30–60 sec each side, daily

Lying on your back, straighten one leg toward the ceiling and gently pull it toward your head until you feel a stretch behind the thigh.

GLUTEAL STRENGTHENING

The core of the program. Do these 4–5 days per week and control every lower.



Clamshells

1–2 sets × 10–15 each side, daily

Lie on your side with knees bent 90° and feet together. Keeping your feet touching and pelvis still, lift the top knee like a clamshell opening. Hold, then lower.



Side-Lying Leg Raise (Abduction)

3 sets × 12, 4–5 days/week

Lie on your side with the top leg straight and in line with your body. Raise it toward the ceiling to about 45°, hold, and lower over 2 seconds.



Inner-Thigh Raise (Adduction)

3 sets × 12, 4–5 days/week

Lie on the affected side with the top leg crossed in front. Raise the bottom leg 6–8 inches, hold, and lower slowly.



Prone Hip Extension

3 sets × 12, 4–5 days/week

Lie face down with a pillow under your hips and one knee bent 90°. Lift that leg toward the ceiling using the buttock, then lower over 5 seconds.

INTEGRATION & BALANCE

Tie the hip into standing function.



Glute Bridge

3 sets × 12, most days

On your back with knees bent, squeeze the buttocks and lift the hips until your body forms a straight line from shoulders to knees. Lower slowly.



Single-Leg Balance

3 × 30-sec holds each leg, most days

Stand on the affected leg near a counter. Hold steady for 30 seconds, keeping the hips level. Progress by reaching or closing your eyes.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/hip.html

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