

Phase 2

GOOD FOR:

- Reducing hip pain
- Improving hip range of motion
- Early hip and glute strengthening
- Warm-up for phase 3

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps unless otherwise noted
- Push sets to fatigue
- Tools: resistance loop, dumbbells

Phase 2

bridge (choose one)

bridge (bodyweight)

Lie on your back with your knees bent and your feet flat on the floor. Push into the floor and lift your butt, fully extending your hips (a straight line runs from your shoulders to your knees). Squeeze your glutes as you reach full hip extension and pause in the top position for 1–2 seconds.



bridge (banded)

To increase glute activation and make the exercise more challenging, position a resistance loop just above your knees. Perform a bridge (drive your heels into the floor and extend your hips) while driving your knees out into the band. Maintain abduction resistance (knees out) throughout the entire range of the movement.



side plank

Lie on your side, position your elbow underneath your shoulder to elevate your upper body, and stack your top leg over your bottom leg. Use your trunk and core muscles to lift your hips. Do 3 reps with 20- to 30-second holds.



banded hip abduction

With the resistance loop above your knees, shift your weight onto one leg, then raise your unweighted leg out to the side (abduction). Keep your foot pointed straight forward and try not to lean your upper body excessively. Place your hand against a wall or use a dowel to maintain balance.



banded hip flexor march

Position the loop around your feet. Stand with your feet straight and aligned under your hips. Keeping your foot flexed (parallel to the floor), lift your knee to hip level or as far as you can without pain. You can place your hands on your hips or hold onto something sturdy to maintain balance.



banded squat

With the loop above your knees, stand with your feet roughly shoulder width apart. When it comes to foot flare, you can orient your feet straight or turn them out slightly (whichever feels better and allows you to reach the lowest depth without discomfort). To perform the movement, reach your hips back slightly and sit straight down. As you lower into the bottom position, drive your knees outward into the band, keep your spine neutral (not excessively arching or rounding), and keep your knees aligned over your toes. Lower as far as you can while maintaining good form.



split squat

Get into a split squat stance: torso upright, slight bend in your lead leg with your shin vertical, and back leg straight. Drop your hips straight down and lower your rear knee to the floor. Driving off the heel of your front foot and the ball of your rear foot, extend your knees and raise your body back into the start position. You can hold one dumbbell to challenge your trunk stability or two dumbbells to add load to the movement.

