



## Home Exercise Program

Created by Jacob Mulkey Jun 16th, 2022

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Total 11

### 1. BRIDGE - BRIDGING



While lying on your back with knees bent, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Video # VVTJZ7GYR

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

### 1A. BRIDGING ELASTIC BAND ABDUCTION



While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Video # VV8ALBC85

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

### 1B. BRIDGE - ALTERNATE KNEE EXTENSION - ALT KNEE EXT



While lying on your back, raise your buttocks off the floor/bed into a bridge position. Next, raise and straighten one knee so that only the other leg is supporting your body. Then, return that leg back to the floor and then alternate and perform on the other leg. Try and maintain your pelvis level the entire time.

Video # VV4PDWKBK

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

**2. STRAIGHT LEG RAISE 2 - SLR**

While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time.

Video # VV3NGDT6D



**Repeat** 12 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day

**2A. ELASTIC BAND - STRAIGHT LEG RAISE - SLR**

While lying on your back with an elastic band looped around your ankles, lift the target leg upwards.

Video # VV7FKKV42



**Repeat** 12 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day

**3. Seated Hip ABDUCTION with TheraBand**

SEATED BILATERAL HIP ABDUCTION WITH THERABAND Starting in a sitting position with good posture with back upright, away from back of chair. Bring knees and feet together and wrap THERABAND around both knees. Keeping feet together, slowly move knees out to either side to separate your legs. SLOWLY return knees back to starting position, with knees together. Complete 10-12 repetitions (increasing to 15 and then 20 reps if exercise is too easy). If exercise is still too easy, use DARKER colored theraband (least resistance- Red>Green>Blue>Black-most resistance).



**Repeat** 12 Times  
**Hold** 3 Seconds  
**Complete** 2 Sets  
**Perform** 2 Times a Day

**3A. LOOPED ELASTIC BAND HIP ABDUCTION**

While standing with an elastic band looped around your ankles, move the target leg out to the side as shown.

Video # VV4M4X75N

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

**4. HIP EXTENSION - STANDING**

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements. Keep your trunk stable and without arching during the movement. Use your arms for support if needed for balance and safety.

Video # VVAW7SBGV

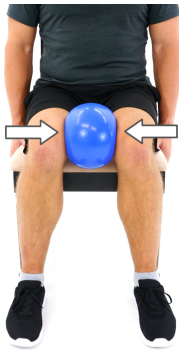
<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

**4A. LOOPED ELASTIC BAND HIP EXTENSION**

While standing with an elastic band looped around your ankles, move the target leg back as shown. Keep your knees straight the entire time.

Video # VVQY5CBKS

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

**5. BALL SQUEEZE HIP ADDUCTION - SEATED**

While sitting in a chair, place a ball between your knees. Squeeze the ball with your knees and hold. Relax and repeat.

Video # VV5XZ3JJD

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

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**5A. HIP ADDUCTION - SIDE LYING**

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time. Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Video # VV2ZBYYNW

<b>Repeat</b>	12 Times
<b>Hold</b>	3 Seconds
<b>Complete</b>	2 Sets
<b>Perform</b>	2 Times a Day

