

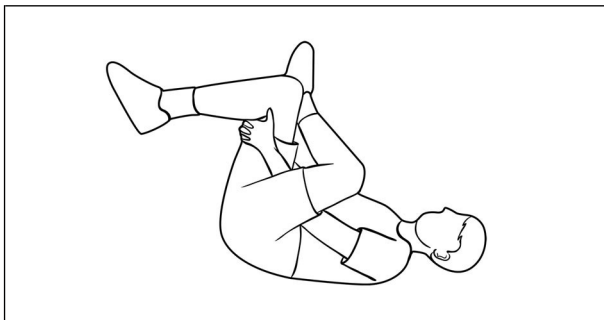
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR SNAPPING HIP

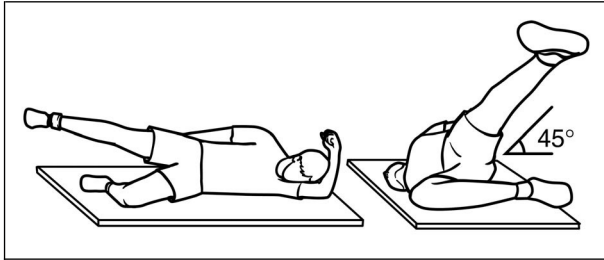
Perform the exercises in the order listed. Apply dry or moist heat to the hip for 5 to 10 minutes before the exercises to prepare the tissues. Alternatively, riding a stationary bicycle for 10 minutes will also prepare the tissues for stretching. Apply a bag of crushed ice or frozen peas to the hip for 20 minutes after the exercises to help reduce inflammation. If you experience pain in the hip during or after the exercises, discontinue the exercises and call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Iliotibial band stretch	Tensor fascia	4 repetitions/2 to 3 sets	5 to 7	2 to 3
Hip abduction	Gluteus medius	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3	2 to 3



ILIOTIBIAL BAND STRETCH

Lie on your back and bend both knees so that your feet are flat on the floor. Place the ankle of the affected leg on the opposite knee and clasp your hands behind the thigh as shown. Pull the thigh toward you until you feel a stretch in the hip. Hold the stretch for 30 seconds, then relax for 30 seconds. Perform 2 to 3 sets of 4 repetitions 5 to 7 days a week, continuing for 2 to 3 weeks.



HIP ABDUCTION

Lie on your side with the affected hip on top, cradling your head in your arm, and with the bottom leg bent to provide support. Slowly move the top leg up and back to 45°, keeping the knee straight. Hold this position for 5 seconds. Slowly lower the leg and relax it for 2 seconds. Ankle weights should be used, starting with light enough weight to allow 2 sets of 8 repetitions. Progress to 3 sets of 15 repetitions. Then return to 2 sets of 8 repetitions and add weight. Perform the exercise 3 times per week, continuing for 2 to 3 weeks.