

Hip Core = gluteus minimus+deep hip lateral rotators+iliopsoas

Gluteus Minimus

Purpose: Gluteus minimus is considered part of the “cuff” of the hip along with the deep hip lateral rotators and the iliopsoas. This exercise attempts to isolate the gluteus minimus from other more superficial muscles.

Start Position: Lie on your side with one to two pillows between your knees as directed by your PT. The object is to keep your spine in neutral alignment, so your PT might also instruct you in specific head support as well as support under your waist.

Technique:

1. Turn your hip inward, pointing your knee toward the opposite knee. Your foot will lift upward, but do not focus on the foot, keep your mind on the hip performing the motion. The photo is showing a bit too much motion. It is only necessary to turn your knee inward until your foot is just slightly above your knee.
2. Keeping your knee turned inward, slightly lift your knee off the pillow (the photo is showing the knee lifting a bit too high). Hold this position for 10 seconds.
3. Slowly lower your knee back to the pillow, followed by lowering your foot to the pillow.



Dosage: Repeat up to 10 times. Your PT may add elastic resistance to this exercise. Once you are using elastic resistance, you need only hold the end range for 3 seconds and repeat up to 20 times.

Deep Hip Rotators Variation #1

Purpose: The purpose of this exercise is to improve the control, strength, and endurance of your deep hip rotator muscles. These muscles help to control the precise motions of your hip. This position will help isolate the deep hip rotators from more superficial muscles.

Start Position: Lie on your side with hips flexed up to 90 degrees or above. You may need to place one or two pillows between your knees as directed by your PT. The object is to keep your spine in neutral alignment, so your PT might also instruct you in specific head support as well as support under your waist.



Method:

1. Gently, contract your pelvic floor, transverse abdominus, and lumbar multifidus muscles as directed by your PT.
2. Gently, add your abdominal wall to the pre-movement contraction.
3. Slowly lift your knee off the pillow in a small arc. You are working in a very small arc around the neutral zone of your hip.

Dosage:

Hold for 10 seconds. Repeat up to 10 times

Your PT might add elastic band in variable resistance to increase the challenge and produce a strengthening effect. With elastic, you can work up to 20 repetitions with only a 3 second hold time.

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Deep hip lateral rotator (optional positions) #2

Purpose: The purpose of this exercise is to improve the control, strength, and endurance of your deep hip rotator muscles. These muscles help to control the precise motions of your hip. This position will help isolate the deep hip rotators from more superficial muscles.

Start Position: Lie on your side with your bottom knee bent above 90 degrees and your top knee resting on 1-2 pillows. Slide forward on the bed or couch so that your bottom knee is about 3 inches forward of the front edge of the surface you are lying on, with your foot supported on the bed/couch. The object is to keep your spine in neutral alignment, so your PT might also instruct you in specific head support as well as support under your waist.



Technique:

Level I is an isometric contraction. Slide your foot slightly off the table, just so your heel clears. Hold this position for 10 seconds and repeat up to 10 times. When you achieve this, you can progress to Level II.



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Level II is an eccentric (lengthening contraction). Slide your heel just off the edge of the bed and slowly drop it one heel width below the bed, then slowly lift it back to the height of the bed and rest it back onto the bed. Repeat up to 20 times. When you can perform 10 of this level, you may progress to Level III.



Level III is a concentric (shortening) contraction. Slide your heel just off the edge of the bed and slowly raise it one heel width above the bed. Slowly lower it back down to the height of the bed and rest it back on the bed. Repeat up to 20 times. When you can achieve 10 of these, you can progress to Level IV.



Level IV is a combined contraction. Slide your heel just off the edge of the bed and slowly raise it one heel width above the bed. Slowly lower it back down to just slightly below the height of the bed, then lift it back to the height of the bed and slide it back onto the bed to rest. Repeat up to 20 times.

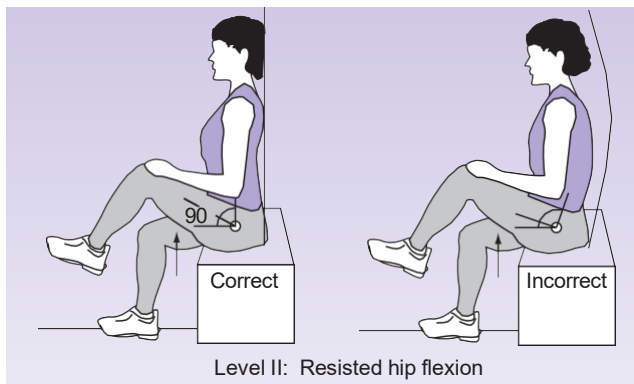
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Sitting Iliopsoas Isometric

Purpose: To strengthen the iliacus muscle of the hip while maintaining a neutral spine position.

Starting Position: Sit up tall with your feet flat on the floor, and the spine in a neutral position.



Method

Level 1

1. Set your inner core muscles.
2. Use your hands to lift the knee up towards your chest as far as you are able without losing your neutral spine position (end range hip flexion).
3. ___ Use your hand to monitor your TFL muscle (it should not contract).
4. Slowly let go you your leg with your hand and hold the position for ___ seconds.
5. Gently lower your leg and relax.

Repetitions _____ Frequency _____

Level 2

1. Perform as in Level 1, then manually push down against your knee in a slightly outward direction.
2. Hold for ___ seconds.

Repetitions _____ Frequency _____

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