

End Range Hip 20 Minute Protocol:

1. Hip Flexion:

- With foot on beam or high mat lift leg straight upward. (Ideally this should be a contraction from about 80-90 degrees of hip flexion.)



2. Hip Abduction:

- Start in a position where the leg is out to the side and on a small beam or block.
- Lift leg as high up as range allows without turning hip out.



3. Hip Extension:

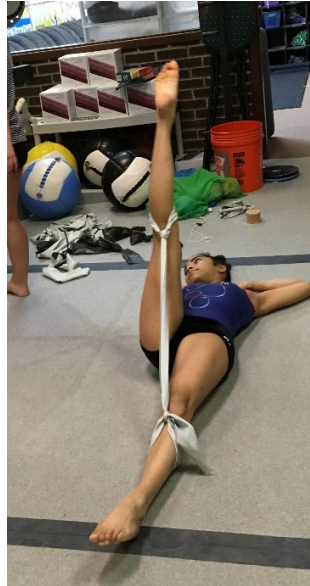
- Start with leg behind you on low beam or block with chest upright.
- Lift foot off mat toward sky as high as possible.
- Slowly lower back to beam or block.



Theraband Exercises:

4. Split Kick Up:

- Place Theraband around both feet.
- Engage one leg by pushing down to the ground.
- With the opposite leg kick forcibly upward.



5. Split Kick Down:

- Place Theraband around both feet.
- Hold both legs up at a 90-degree angle.
- Engage one leg by actively holding it at this angle.
- With the opposite leg kick forcibly downward.



6. Straddle Kick:

- Place Theraband around both feet.
- Begin with feet pointing to ceiling.
- Keeping knees straight forcibly kick to a straddle position.



7. Hip Rotation:

- Place theraband under knees in a kneeling position.
- Lower yourself into a side sitting position.
- Now raise to a kneeling position.
- Lower yourself to side sitting in the opposite direction.



8. Hip External Rotation:

- Place theraband around your knees with your feet touching.
- Push your knees outward into a butterfly position while keeping feet together.
- Slowly bring knees back together without allowing them to ‘snap’ back.



9. Hip Adduction/ Ball Squeeze:

- Place a 4-inch ball between your knees.
- Squeeze the ball and hold for 5 seconds.
- Repeat 20 times.



Jumps:

- Place a theraband around each foot.
- Complete the following on tumble track or trampoline:
Split jump left, split jump right, straddle jump