

## HIP JPAC EXERCISES WEEK 1

### Standing Hip Extension Holding Onto Chair



#### Description

1. Stand holding a chair for balance and support
2. Lengthen one leg behind you and hold for the prescribed time
3. Lower the leg down

**Sets:** 1-2

**Reps:** 20 reps

**Hold:**

**Tempo:**

## Standing Hip Abduction Holding Onto Chair



### Description

1. Stand holding a chair for balance and support
2. Raise one leg out to the side and hold for the prescribed time
3. Lower the leg down

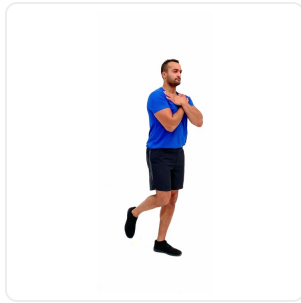
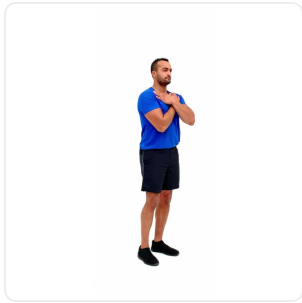
**Sets:** 1-2

**Reps:** 20 reps

**Hold:**

**Tempo:**

## Single Leg Balance



### Description

1. Stand on one leg and maintain your balance

**Sets:** 3-5

**Time:** 30-60sec

## Gluteal Stretch In Sitting



### Description

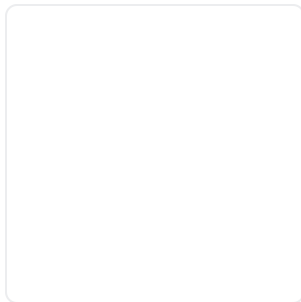
1. Sit tall with your ankle crossed over the opposite knee
2. Bend forward slightly and gently push on your knee to feel a stretch in the buttock
3. Hold for up to 4 breath cycles then repeat on the other leg

**Sets:** 2-3

**Reps:** 5-10

**Time:** 30-60sec

## Hamstring Stretch



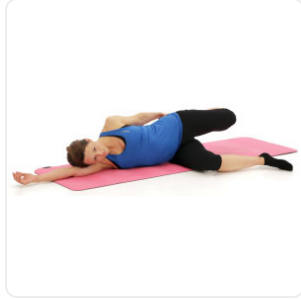
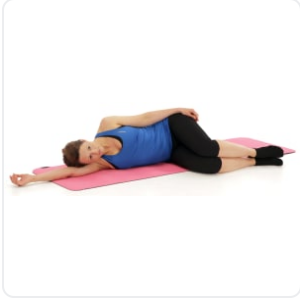
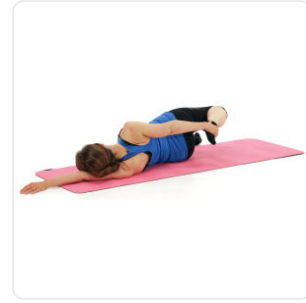
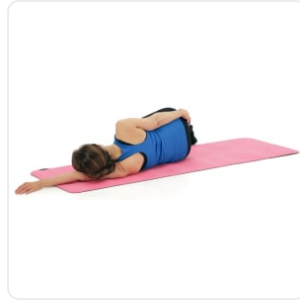
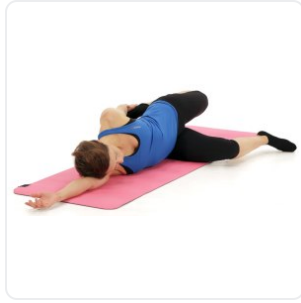
### Description

1. Stand and raise one foot on a chair in front of you
2. Keep both legs straight and lean forward to reach the ankle on the chair

**Sets:** 2-3

**Time:** 30-60sec

## Quad Stretch in Side Lying



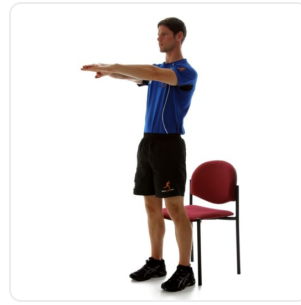
### Description

1. Lie on your side with the knees bent
2. Hold the upper ankle with the upper leg & pull towards the hip
3. Push the hips forward to increase the stretch Can also do in Standing upright

**Sets:** 2-3

**Time:** 30-60sec

## Squat with Chair



### Description

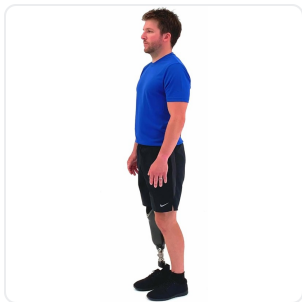
1. Sit on a chair with arms raised in front and feet flat placed shoulder width apart on the floor
2. Drive the hips up into standing
3. Lower the hips back to the chair

Sets: 1-3

Reps: 10

Tempo:

## Hip Flexion In Standing



### Description

1. Stand with your hands on your hips and raise one knee to hip height
2. Lower it down and repeat with the other leg

Sets: 1-3

Reps: 10

Hold:

Tempo: