



## Hip Therapeutic Exercise

- The association between hip dysfunction and lower extremity injury has caused an increased focus on hip muscle strengthening in rehabilitation protocols.
- Strengthening the gluteus medius and gluteus maximus helps to control excessive hip adduction and internal rotation during weight bearing.
- These exercises produced significantly greater EMG in both the gluteus medius and the superior gluteus maximus muscles relative to the TFL.
- Many patients with patellofemoral pain need to focus on strengthening of the Hip
  - Gluteus medius-hip abductor
  - Gluteus maximus- hip extensor, ER, abductor with gait
- These are the 4 “Core” hip strengthening exercises
  - SL clam
  - 1 leg bridge
  - Quadruped hip extension (knee bent/straight)
  - Side-step

