



Home Exercise Program for Hip Flexor Strengthening

Seated March



Setup: Begin sitting upright in a chair with your feet flat on the floor.

Movement: Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip: Make sure to keep your back straight and do not let it arch as you lift your legs.

Supine Hip Flexion with Resistance Loop



Setup: Begin lying on your back with a resistance band looped around your feet.

Movement: Tighten your abdominals, then slowly pull your knee toward your chest, pulling against the resistance band. Return to the starting position and repeat.

Tip: Make sure to keep your hips level on the ground and do not arch your back during the exercise.

Mountain Climbers Slow



Setup: Begin on all fours. Raise yourself into a push up position.

Movement: Bring one knee toward your chest, then return it back to the start and repeat with your other leg. Continue this motion.

Tip: Make sure to keep your abdominals tight, back straight, and shoulders over your hands.



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Standing Hip
Flexion AROM



Setup: Begin in a standing upright position holding onto a chair for support.

Movement: Lift one leg straight forward, then bring it back to the starting position and repeat.

Tip: Make sure to keep your abdominals tight and your hips facing straight forward during the exercise.

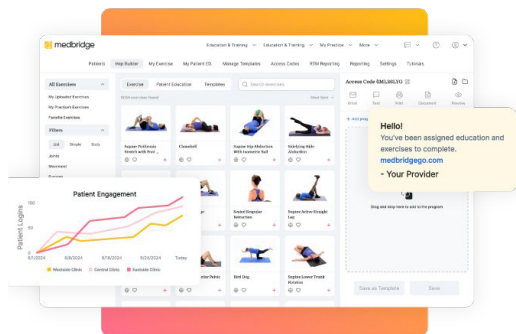
Runner's Step
Up/Down



Setup: Begin in a standing position with one foot resting on a platform or step in front of your body.

Movement: Slowly step up, raising your knee to a 90 degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.

Tip: Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.