



## Hips/ASLR

## Week 1 - Hips/ASLR

**Foam Rolling:** Locate “tender points” and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Hamstring
- Calf
- Quad

### Modification for Soft Tissue work:

- **Quad:** place more pressure on non-involved knee and hands to off load thigh
- **Hamstring:** place roller on chair to remove body weight from shoulders or use “The Stick”
- **Calf:** Hips may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

**Did you know....** Research has shown that foam rolling prior to static stretching can yield noticeable improvements in flexibility in half the time as static stretching alone.

**Home Exercise Program:** Document your workouts for the week

**Purchasing a Foam Roller:** Bellin Pharmacy, Target, Walmart, Dick’s Sporting Goods, Aldi’s grocery store, Kohl’s, Amazon.com, PerformBetter.com

**Purchasing a Massage Stick:** Dick’s Sporting Goods, Target, Scheels’ All Sports, Amazon, PerformBetter.com



# Hip Progression Week #1      Date: \_\_\_\_\_

# Hip Progression Week #1      Date: \_\_\_\_\_

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## Week 2 - Hips/ASLR

**Foam Rolling:** Locate “tender points” and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Hamstrings
- Calf
- Quad

### Alternatives for Soft Tissue work:

- **Quad:** place more pressure on non-involved knee and hands to off load thigh
- **Hamstring:** place roller on chair to remove body weight from shoulders or use “The Stick”
- **Calf:** Hip may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

### Static Stretching: 30 sec/side

- Kneeling Hip Flexor
- Kneeling Quad
- 90/90 hamstring
- Straight Knee Calf & Bent Knee

### Alternative stretches

- Foot Hooked on Table Hip Flexor/Quad (*if unable to kneel*)
- Seated Hamstring

**Did you know....** It is important to have equal flexibility on both sides of your body, so when stretching always perform more sets on the tighter side until both sides feel equal.

Home Exercise Program: Document your workouts for the week



## finding your fit

## Hip Progression Week #2

Date:

[illegible]

## Week 3 - Hips/ASLR

**Foam Rolling:** Locate “tender points” and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Hamstrings
- Calf
- Quad

### Alternatives for Soft Tissue work:

- **Quad:** place more pressure on non-involved knee and hands to off load thigh
- **Hamstring:** place roller on chair to remove body weight from shoulders or use “The Stick”
- **Calf:** Hip may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

### Static Stretching: 30 sec/per side

- Kneeling Hip Flexor
- Kneeling Quad
- 90/90 hamstring
- Straight Knee Calf & Bent Knee

### Alternative stretches

- Foot Hooked on Table Hip Flexor/Quad (*if unable to kneel*)
- Seated Hamstring

### Glute Mobility & Activation:

- Incline Overhead Toe Touches - 10 reps
- Decline Overhead Toe Touches - 10 reps
- Glute Bridge: 2 x 30 seconds (band at knees)

**Did you know....** Performing the 3 mobility exercises above may be a quick alternative to static stretching when time is limited.



## Week 4 - Hips/ASLR

**Foam Rolling:** Locate “tender points” and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Hamstrings
- Calf
- Quad

### Alternatives for Soft Tissue work:

- **Quad:** place more pressure on non-involved knee and hands to off load thigh
- **Hamstring:** place roller on chair to remove body weight from shoulders or use “The Stick”
- **Calf:** Hip may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

### Static Stretching: 30 sec/per side

- Kneeling Hip Flexor
- Kneeling Quad
- 90/90 hamstring
- Straight Knee Calf & Bent Knee

### Alternative stretches

- Foot Hooked on Table Hip Flexor/Quad (if unable to kneel)
- Seated Hamstring

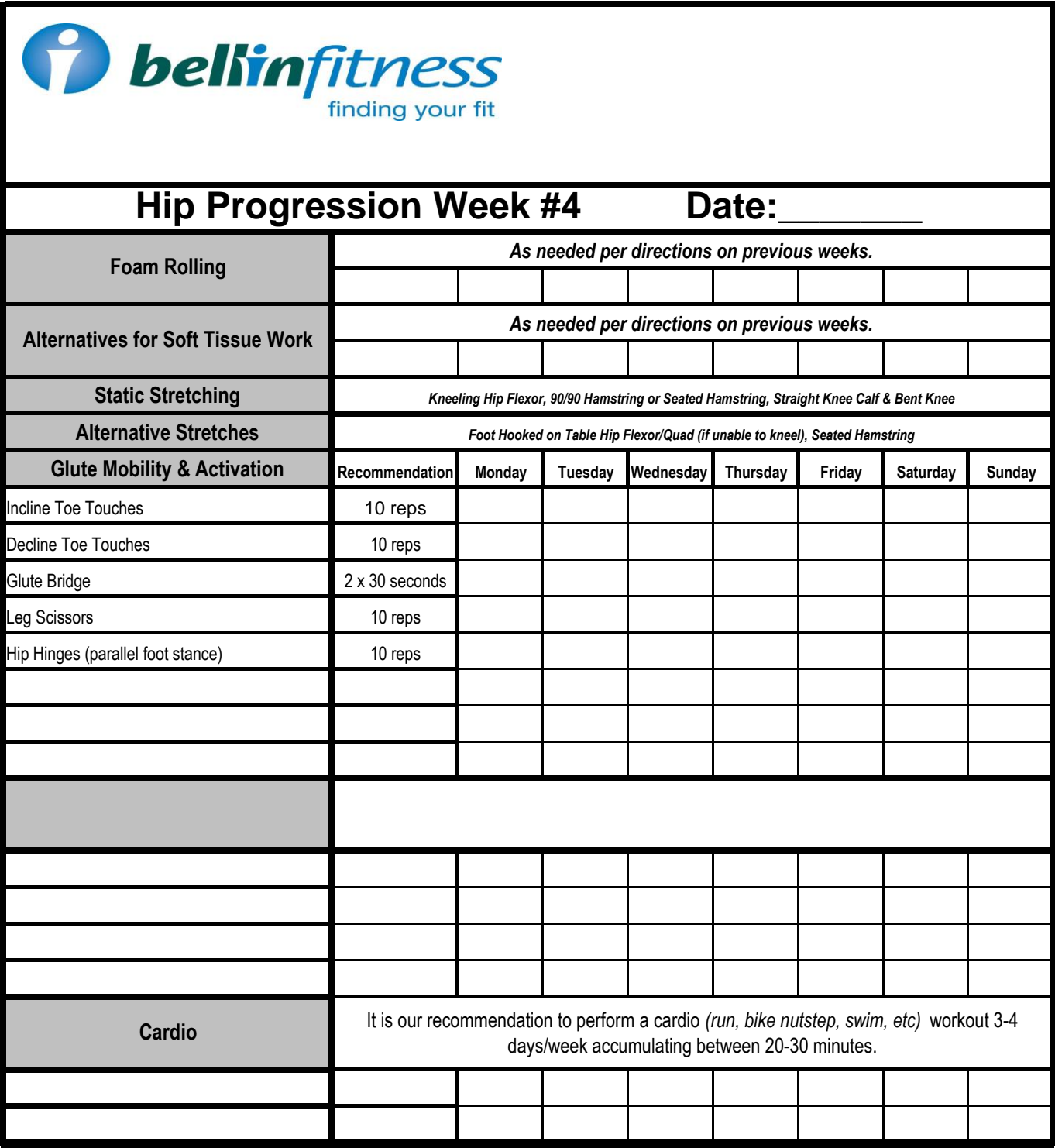
### Glute Mobility & Activation:

- Incline Toe Touches: 10 reps
- Decline Toe Touches: 10 reps
- Glute Bridge: 2 x 30 seconds (band at knees)
- Leg Scissors (*wall assisted or band assisted*): 10 reps each
- Hip Hinges (*parallel foot stance*): 10 reps each

**Did you know....** Performing simple core movements, like, pelvic tilts may reduce the occurrence of nonspecific low back discomfort.

Home Exercise Program: Document your workouts for the week





## Week 5 - Hips/ASLR

### Foam Rolling:

- As needed per directions on previous weeks.

### Static Stretching: 30 sec/side

- As needed per directions on previous weeks.

### Dynamic Warmup

- Step and reach
- Quad pulls
- Knee hugs
- Hip (leg) cradle

### Glute Mobility & Activation:

- Incline Toe Touches: 10 reps
- Decline Toe Touches: 10 reps
- Hip rotations: 10 reps
- Bridge x 30 sec., hip-ups 30 sec., bridge clam 30 sec. (w/ band if available)
- Leg slides: 10 reps each side
- Hip Hinges ( *staggered foot stance*): 10 reps each side
- Side Steps - ankle band at knees, (& ankles optional) x 10 steps

**Did you know....** Exercising without properly activating the glutes and scapular (shoulder blade) muscles may increase the risk of every day aches and pains.

Home Exercise Program: Document your workouts for the week



## Hip Progression Week #5

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs, Hip Cradle							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Incline Toe Touches	10 reps							
Decline Toe Touches	10 reps							
Hip rotations	10 reps							
Bridge, hip-ups, & bridge clam	30 seconds							
Leg slides	10 reps							
Hip Hinges (staggered foot stance)	10 steps							
Side Steps	10 steps							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							

## Week 6 - Hips/ASLR

### Foam Rolling:

- As needed per directions on previous weeks.

### Static Stretching: 30 sec/side

- As needed per directions on previous weeks.

### Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip (leg) cradle

### Glute Mobility & Activation:

- Hip Rotations: 10 reps each side
- Leg Scissors (Band assisted): 10 reps each
- Clams: 30 seconds (band at knees)
- Leg slides: 10 reps each side (one foot on ground)
- Hip Hinges (*staggered foot stance*): 5 reps each hand position
- Diagonal steps (band at knees): 10 steps

**Did you know....** Performing a dynamic warmup can be a good alternative to foam rolling and static stretching when time and space are limited, like at your workstation throughout the day.

Home Exercise Program: Document your workouts for the week



## Hip Progression Week #6

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs, Hip Cradle							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Leg Scissors	10 reps							
Clams	30 seconds							
Leg slides	10 reps							
Hip Hinges (staggered foot stance)	5 reps							
Diagonal steps	10 steps							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							

## Week 7 - Hips/ASLR

### Foam Rolling:

- As needed per directions on previous weeks.

### Static Stretching: 30 sec/side

- As needed per directions on previous weeks.

### Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

### Glute Mobility & Activation:

- Hip rotations: 10 reps each side
- Incline Toe Touches: 10 reps each
- Decline Toe Touches: 10 reps each
- Bridge, hip-ups, & bridge clam 45 sec. each (band at knees)
- Quadruped hip extension: 30 sec. each
- Hip Hinges (*parallel foot stance*): 10 reps each side
- Side Steps (band at knees): 15 steps

### Strength: 2 x 10 reps

- Squat - split foot stance position
- Chest Presses RBT Band
- Seated Rows RBT Band
- External Shoulder Rotations

**Did you know....** Strength training performed with mobility will enhance your body's ability to remember better movement patterns.

Home Exercise Program: Document your workouts for the week



## Hip Progression Week #7

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (cw/ccw)							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Incline Toe Touches	10 reps							
Decline Toe Touches	10 reps							
Bridge, Hip-Ups, & Bridge Clam	45 seconds							
Leg slides	10 reps							
Quadruped Hip Extension	30 seconds							
Hip Hinges (parallel foot stance)	5 reps							
Side Steps	10 reps							
Strength								
Squat split stance foot position	2 x 10 reps							
Chest Presses RBT Band	2 x 10 reps							
Seat Rows RBT Band	2 x 10 reps							
External Shoulder Rotations	2 x 10 reps							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							

## Week 8 - Hips/ASLR

### Foam Rolling:

- As needed per directions on previous weeks.

### Static Stretching: 30 sec/side

- As needed per directions on previous weeks.

### Dynamic Warmup - 10 reps/side

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

### Glute Mobility & Activation:

- Hip rotations: 10 reps each side
- Leg Scissors (band assisted): 10 reps each
- Clam: 45 sec. each (band at knees)
- Leg slides: 10 reps each side (two feet off ground)
- Quadruped hydrant: 30 sec. each
- Hip Hinges (*staggered foot stance*): 5 reps each side
- Diagonal Steps (band at knees): 15 steps

### Strength: 2 x 10 reps

- RDL RBT Band
- Upright Row RBT Band
- Lateral Lunge Stationary
- Lateral Pull Hold RBT Band: 2 x 30 seconds

**Did you know....** Instability of the core may increase your chances of having a shoulder dysfunction.

Home Exercise Program: Document your workouts for the week





## Hip Progression Week #8

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (cw/ccw)							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Leg scissors	10 reps							
Clam	45 seconds							
Leg slides	10 reps							
Quadruped Hydrant	30 seconds							
Hip Hinges (staggered foot stance)	5 reps							
Diagonal Steps	15 steps							
Strength								
RDL RBT Band	2 x 10 reps							
Upright Row RBT Band	2 x 10 reps							
Lateral Lunge Stationary	2 x 10 reps							
Lateral Pull Down	2 x 30 seconds							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							

## Week 9 - Hips/ASLR

### Foam Rolling:

- As needed per directions on previous weeks.

### Static Stretching: 30 sec/side

- As needed per directions on previous weeks.

### Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

### Glute Mobility & Activation:

- Incline Toe Touches: 10 reps
- Decline Toe Touches: 10 reps
- Hip rotations: 10 reps each side
- Bridge, hip-ups, & bridge clam 60 sec. each (bands at knees)
- Quadruped hip extension: 2 x 30 sec. each
- Hip Hinges (*parallel foot stance*): 10 reps each side
- Side Steps (band at knees): 15 steps

### Strength: 2 x 12 reps

- Squat - split foot stance RBT band
- Chest Presses RBT Band
- Seated Rows RBT Band
- External Shoulder Rotations

**Did you know....** Corrective exercise when made a part of your everyday life can be some of the best preventative medicine.

Home Exercise Program: Document your workouts for the week



## Hip Progression Week #9      Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (cw/ccw)							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Incline Toe Touches	10 reps							
Decline Toe Touches	10 reps							
Hip Rotations	10 reps							
Bridge, hip-ups, & bridge clam	60 seconds							
Leg slides	10 reps							
Quadruped hip extension	2 x 30 seconds							
Hip Hinges (parallel foot stance)	10 reps							
Side Steps	15 steps							
Strength								
Squat split foot stance RBT band	2 x 12 reps							
Chest Presses RBT band	2 x 12 reps							
Seated Rows RBT band	2 x 12 reps							
External Shoulder Rotations	2 x 12 reps							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							

## Week 10 - Hips/ASLR

### Foam Rolling:

- As needed per directions on previous weeks.

### Static Stretching: 30 sec/side

- As needed per directions on previous weeks.

### Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

### Glute Mobility & Activation:

- Hip rotations: 10 reps each side
- Leg Scissors (band assisted): 10 reps each
- Clam: 60 sec. each (band at knees)
- Leg Slides: 10 reps each side (two feet off ground)
- Quadruped hydrant: 2 x 30 sec. each
- Hip Hinges ( *staggered foot stance*): 5 reps each side
- Diagonal Steps (band at knees): 15 steps

### Strength: 2 x 10 reps

- RDL RBT Band
- Upright Row RBT Band
- Lateral Lunge stationary
- Lateral Pull Hold: 2 x 30 seconds

**Did you know....** The glutes are the primary muscles responsible for maintaining the stability of the knee during movement.



## Hip Progression Week #10      Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (cw/ccw)							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Leg scissors	10 reps							
Clam	10 reps							
Leg slides	10 reps							
Quadruped hydrant	2 x 30 seconds							
Hip Hinges (staggered)	5 reps							
Diagonal steps	15 steps							
Strength								
RDL RBT Band	2 x 12 reps							
Upright Row RBT Band	2 x 12 reps							
Lateral Lunge stationary	2 x 12 reps							
Lateral Pull Hold	2 x 30 seconds							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							