



Dynamic Sports Physical Therapy

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TRX Hip Program

This program was developed for active individuals who intend to return to athletics and athletic style training following a hip surgery. It is intended to bridge a gap between traditional rehabilitation and return to sport. Once you have achieved adequate range of motion, flexibility, and muscle strength (usually 10-12 weeks following surgery) the next step is using what you have achieved in physical therapy and start moving well enough to return to sports.

The TRX suspension trainer is a great tool to help you reach your goals and return to athletics.

- It uses your own bodyweight as resistance
- It can be used to unload your body to decrease joint stress
- It's portable and can be used anywhere
- It engages important core musculature that is necessary to move properly

Flexibility

Following hip surgery, it is important to regain normal hip joint motion. The following exercises will help improve flexibility of hip flexor and hip rotator musculature. It will also improve hip joint range of motion. All stretches should be held for 20 seconds to a point of mild tension in the muscle. If any pain is felt in the hip DO NOT push through it.

Hip Flexor Stretch



Face away from the anchor point, move into a lunge position as shown until you feel a stretch in front of your hip (can allow the back knee to rest lightly). Then if you feel comfortable pull down on the opposite arm and raise the arm on the side being stretched. Hold 30 seconds each side.

Hip Rotator stretch



Face the anchor point, sit on the floor and place one ankle across the opposite knee as shown. Keeping your back flat, pull yourself slightly toward the straps until a stretch is felt in the buttock on the leg of the crossed ankle. Hold 30 seconds.

Hip Adductor Stretch



Stand facing the anchor point. Start in a wide stance and shift weight to one side until a stretch is felt on the inner thigh of the straight leg. Keep the leg being stretched fully extended. Make sure to press down into handles to activate core and maintain balance. Hold 30 seconds each side.

Deep Squat Stretch



Stand facing the anchor point. Lean back and support your body weight with your arms. Then slowly lower yourself into a deep squat and hold for 30 seconds. Make sure heels stay on the floor.

Functional Exercises

Functional strength is the ability to use your newly gained flexibility and muscle strength through a full range of motion. The following exercises using the TRX allow you to strengthen your hip musculature functionally and safely throughout this range of motion.

Assisted Reverse Lunge



Stand facing the anchor point. Start with feet shoulder width apart holding the handles with tension in the straps. Lunge backward while supporting your body weight with your arms outstretched. Then, pull back up to the start position. Repeat 10x on each side

Assisted Forward Lunge



Stand facing away from the anchor point. Start with feet shoulder width apart with tension in the straps. Lunge forward while keeping strong pressure into the straps, letting your arms stretch above your head until you reach the end positions shown. The pressure in the straps allows for core activation and assistance for your legs. Repeat 10x on each side.

Squat



Stand facing the anchor point with your elbows bent at your side and supporting your own body. Movement 1) Lean back supporting your body weight with the straps. 2) Lower yourself down into a deep squat position. 3) Keeping your heels on the ground pull yourself towards the anchor point until you are in a squat position over your feet. 4) Stand up and repeat the 4-step process. Repeat 10x.

Side Lunge



Stand facing the anchor point. Push down into straps to activate your core. Then step into a side lunge position while keeping arms centered. Repeat 10x on each leg.

Tricep Roll Out



Kneel facing away from your anchor point. Holding the TRX handles in a palms up position (palms down is an option), support your body weight with arms extended and leaning at an angle in a straight line (plank). Lower yourself by bending at the elbows until your head lands in between the handles. Straighten elbows while maintaining plank position Repeat 10x



Knee Tuck



With feet in TRX straps, hold plank position 5 seconds. Then bring both knees towards your chest while maintaining position of your lower back. Return to start position. Repeat 10x.