

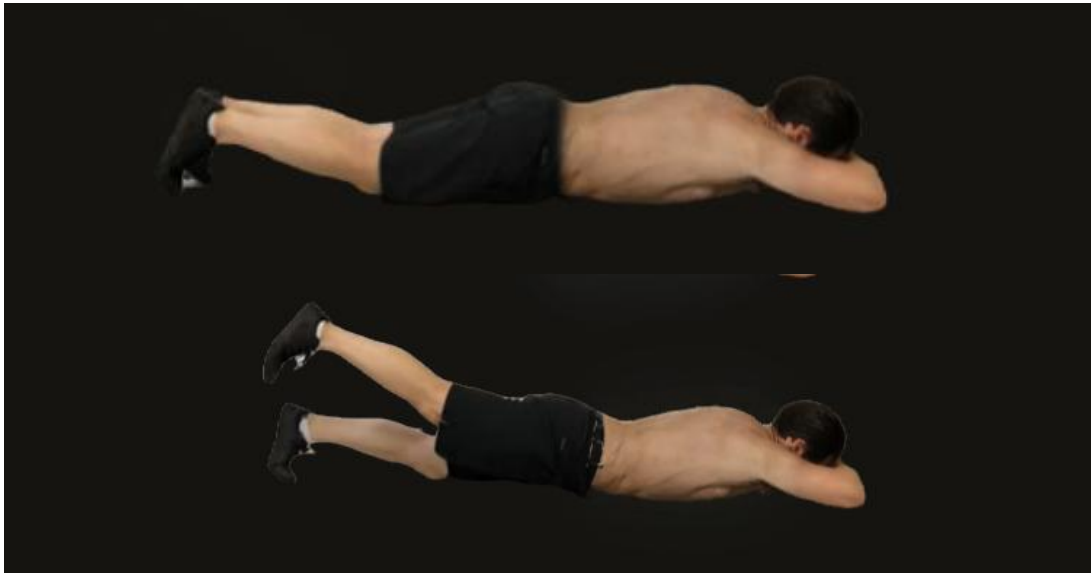
Hip Labral Tear Recovery Exercises

Exercise	Reps	Set	Rest	Per Day
<i>Prone hip extension</i>	<i>10–15 per leg</i>	<i>2–3 sets</i>	<i>30–45 seconds between sets</i>	<i>1–2 times daily</i>

Steps:

1. Lie face down on a mat with your arms at your sides or folded under your head.
2. Keep one leg straight and gently lift it off the ground.
3. Hold for a second at the top, squeezing your glutes.
4. Lower your leg slowly back down.
5. Repeat on the other leg.

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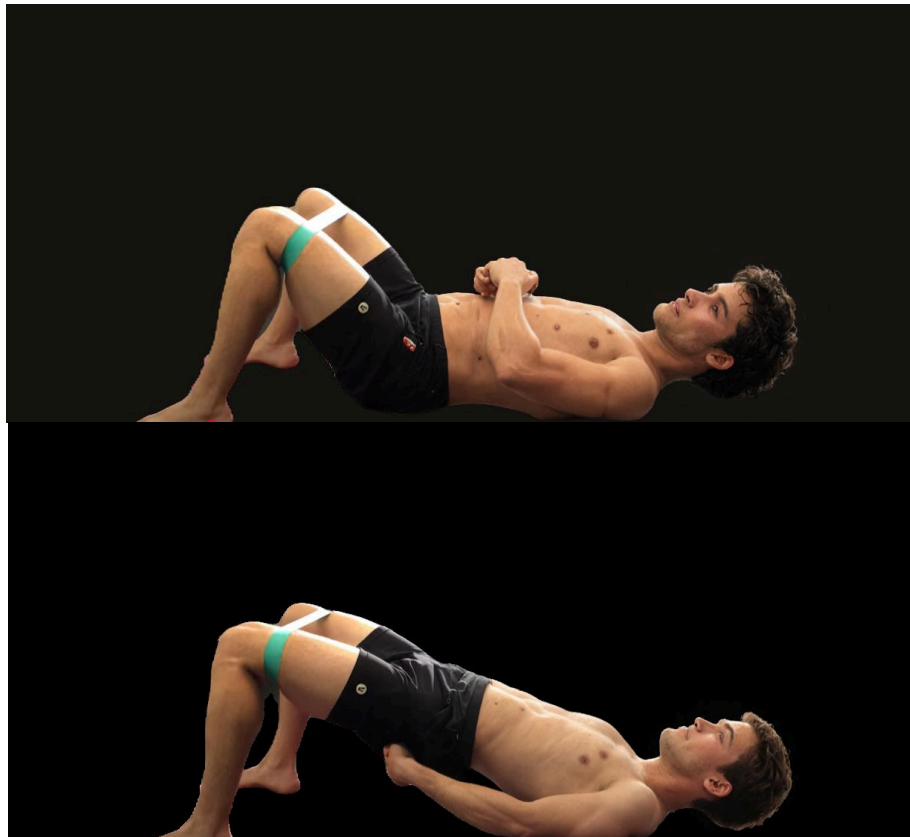


Exercise	Reps	Set	Rest	Per Day
<i>Glute bridges with band abduction</i>	10–15	2–3sets	30–45 seconds	1-2 times per week

Steps:

1. Lie on your back, knees bent, feet flat on the floor, band around thighs above knees.
2. Lift hips up into a bridge position, squeezing your glutes.
3. While holding the bridge, push knees outward against the band (abduction), then return.
4. Lower hips back down

Images:



Exercise	Reps	Set	Rest	Per Day
<i>Seated piriformis stretch</i>	<i>2–3 per leg</i>	<i>1–2 sets</i>	<i>20–30 seconds per rep</i>	<i>1-2 times per week</i>

Steps:

1. Sit upright on a chair.
2. Cross one leg over the opposite knee (ankle on thigh).
3. Gently lean forward until you feel a stretch in the glute/hip.
4. Hold the stretch, then switch legs.

Images:



Exercise	Reps	Set	Rest	Per Day
<i>Side-lying hip abduction</i>	<i>10–15 per leg</i>	<i>2–3 sets</i>	<i>30–45 seconds between sets</i>	<i>1-2 times per day</i>

Steps:

1. Lie on your side with legs straight, stacked on top of each other.
2. Lift the top leg upward without rotating your hips.
3. Pause briefly at the top, then lower slowly.
4. Switch sides after completing reps.

Images:

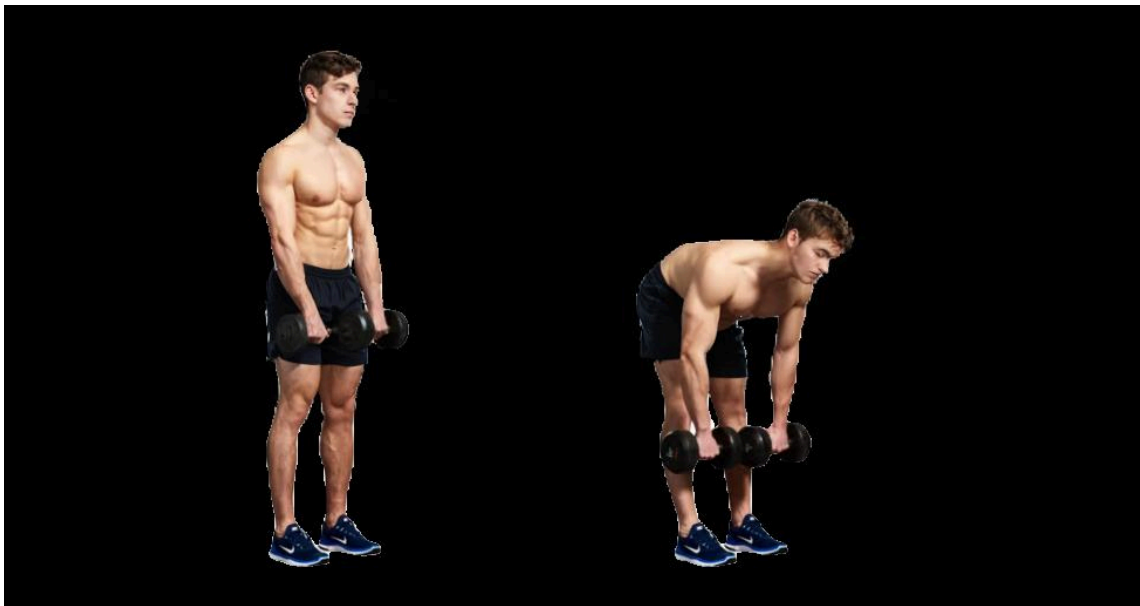


Exercise	Reps	Set	Rest	Per Day
Double-leg Romanian deadlifts	10–12 repetition	2–3 sets	45–60 seconds between sets	1 time daily or every other day

Steps:

1. Stand tall with feet hip-width apart, holding weights in front of your thighs (or bodyweight).
Keep knees slightly bent and hinge at the hips, lowering the weights while keeping your back straight.
2. Lower until you feel a stretch in your hamstrings.
3. Return to standing by squeezing your glutes and driving hips forward.

Images:



Exercise	Reps	Set	Rest	Per Day
<i>Single-leg deadlifts</i>	8–12 per leg	2–3 sets	30–60 seconds between sets.	1 time daily or every other day

Steps:

1. Stand on one leg with a slight bend in the knee, holding a weight or using bodyweight.
2. Hinge at the hips, extending the other leg straight behind you.
3. Lower your torso until it's nearly parallel to the floor.
4. Return to standing by squeezing your glutes and bringing the back leg down.

Images:



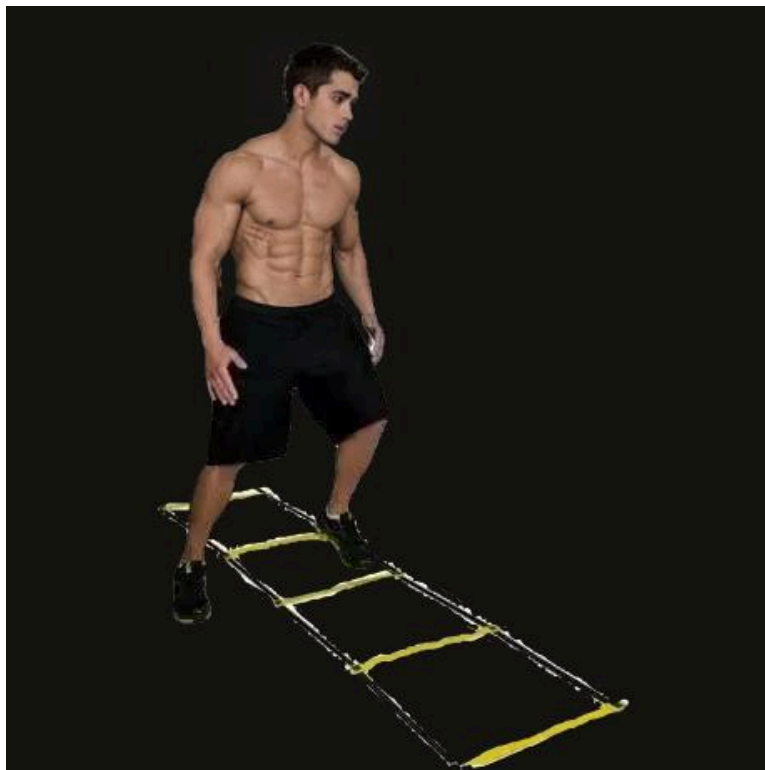
Exercise	Reps	Set	Rest	Per Day
Agility ladder drills	8–12 repetitions	3–4 sets (depending on fitness level)	60–90 seconds	2–3 times per week

Steps:

1. Place the ladder flat on the ground.
2. Perform quick footwork patterns like:
 - One foot per square
 - Two feet per square
 - In-in-out-out
 - Lateral shuffles

Focus on speed, control, and light feet throughout.

Images:



Exercise	Reps	Set	Rest	Per Day
Assisted step-ups and BOSU squats	10–12 per leg	2–3 sets	30–45 seconds between sets	1–2 times daily

Steps:

1. Stand in front of a step or low platform.
2. Hold onto a rail, wall, or sturdy object for support.
3. Step up with one foot, press through the heel to lift your body.
4. Step down slowly and with control.
5. Alternate legs or repeat on one side before switching.

Images:



Exercise	Reps	Set	Rest	Per Day
Sport-specific cutting and plyometrics (as tolerated)	4–6 reps per drill	2–3 sets	1–2 minutes between sets	2–3 times weekly (not daily for recovery)

Steps:

1. Warm up with dynamic movements (jogging, high knees).
2. Practice cutting drills — sharp direction changes at speed.
3. Add plyometric moves — jumps, bounds, and hops.
4. Focus on control, soft landings, and explosive push-offs.

Images

