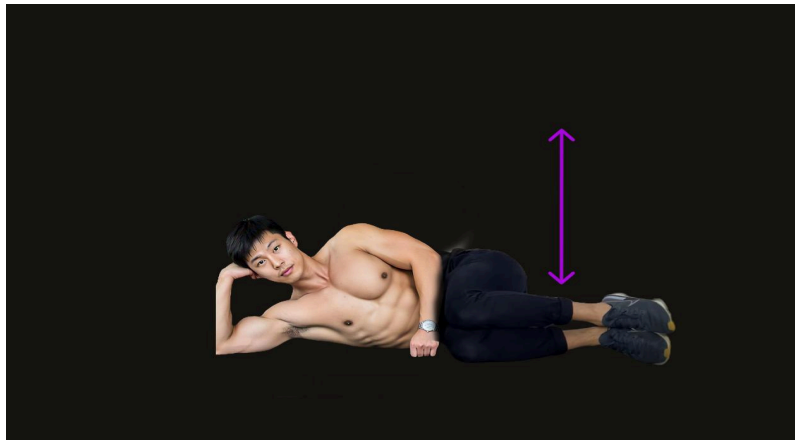


### ***Femoroacetabular Impingement Syndrome Exercise***

<b>Exercise</b>	<b>Set</b>	<b>Reps</b>	<b>Rest</b>	<b>Per Day</b>
<b>Clamshell Exercise</b>	2–3	10–15 per side	30–60 seconds between sets	Daily or 3–4 times per week

**Steps:**

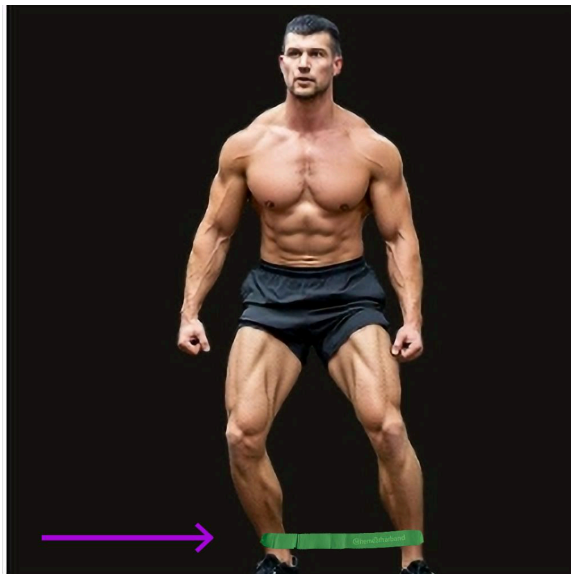
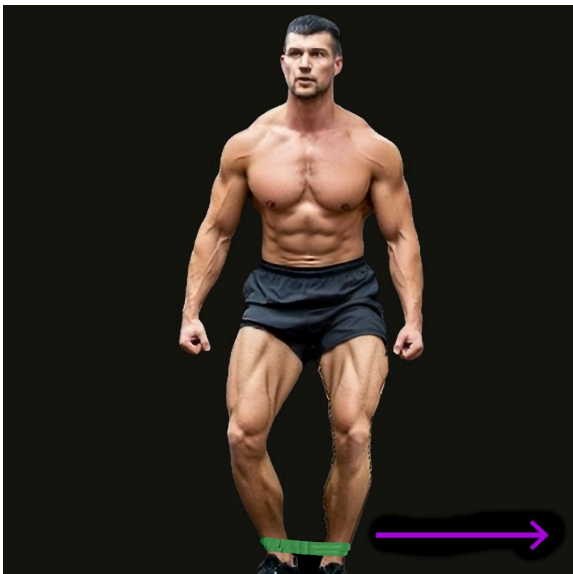
1. *Start Position: Lie on your side with knees bent at 90° and feet together.*
2. *Engage Core: Tighten your abs to stabilize your spine.*
3. *Lift Knee: Keeping feet together, raise your top knee as high as possible without rotating your hips.*



Exercise	Set	Reps	Rest	Per Day
<b>Banded Lateral Walks</b>	2–3	10–15 steps per direction	30–60 seconds between sets	Daily or 3–4 times per week

**Steps:**

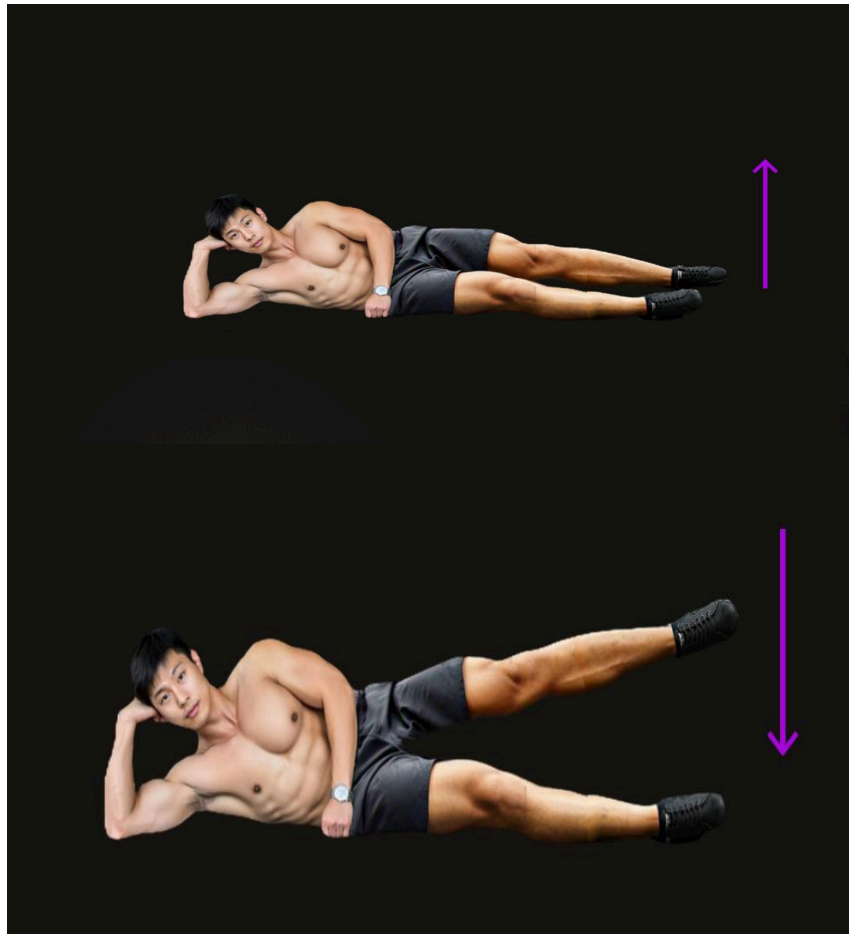
1. *Start Position: Place a resistance band around your thighs or just above your ankles. Stand with feet hip-width apart, knees slightly bent.*
2. *Engage Core: Keep your back straight and core tight.*
3. *Step Sideways: Take a controlled step to the side, keeping tension in the band.*



Exercise	Set	Reps	Rest	Per Day
<b>Leg Raises</b>  <b>Exercise</b>	2–3	10–12 per side	30–60 seconds between sets	Daily or 3–4 times per week

**Steps:**

1. *Start Position: Lie on your back with legs straight and hands under your lower back for support.*
2. *Engage Core: Press your lower back into the floor.*
3. *Lift Legs: Raise both legs until they form a 90° angle with your torso.*



Exercise	Set	Reps	Rest	Per Day
<b>Bird Dog Exercise</b>	2–3	10–12 per side	30–60 seconds between sets	Daily or 3–4 times per week

**Steps:**

1. *Start Position: On all fours, hands under shoulders, knees under hips.*
2. *Engage Core: Keep your spine neutral and abs tight.*
3. *Extend Opposite Arm & Leg: Reach your right arm forward and extend your left leg back.*



Exercise	Set	Reps	Rest	Per Day
<b>Dead Bugs Exercise</b>	2-3	10-12 per side	30-60 seconds between sets	Daily or 3-4 times per week

**Steps:**

1. *Start Position: Lie on your back, arms extended toward the ceiling, knees bent at 90°.*
2. *Engage Core: Press your lower back into the floor.*
3. *Extend Opposite Arm & Leg: Lower your right arm and left leg toward the floor without arching your back.*

