

HIP MOBILITY TRACKER

Daily Routine

Name: _____

Week Of: _____

MOVEMENT / EXERCISE	GOAL	M	T	W	T	F	S	S
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Pelvic Tilts Lying flat, engage core to press low back down.	10 Reps							
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Knee-to-Chest Gently pull one knee toward shoulder. Hold 20s.	3 Per Side							
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Glute Bridges Squeeze glutes to lift hips off floor.	12 Reps							
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Seated Hip External Rotation Cross ankle over opposite knee. Lean forward.	30s Hold							
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Standing Leg Abduction Keep toe pointed forward, lift leg to side.	10 Per Side							
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Observations (Pain levels 1-10, stiffness, or progress):

Consult with a physical therapist before beginning new exercises. Discontinue if sharp pain occurs.