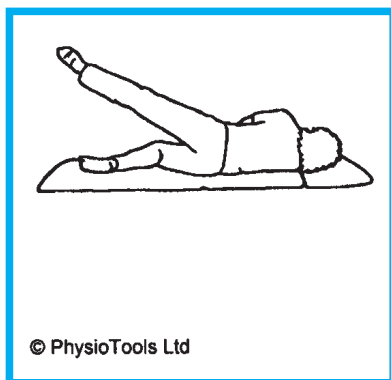


Hip Exercises

H1

Do these exercises **_2_** x day

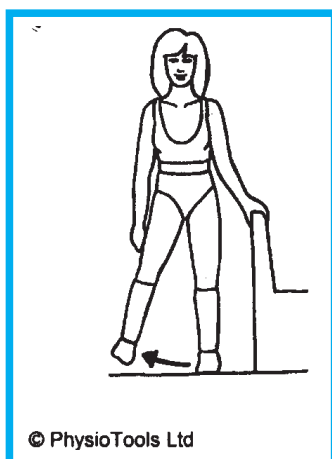
Do these exercises on both sides / affected side



1. Side lying. Keep the leg on the bed bent and the upper leg straight.

Lift the upper leg straight up with the ankle flexed and the heel leading the movement.

Repeat **_10_** times



2. Stand straight holding onto a support.

Lift you leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat **_10_** times

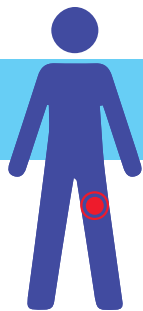


3. Stand straight holding a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Hold **_3_** seconds

Repeat **_10_** times

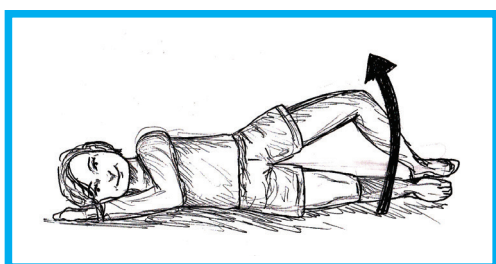


Hip Exercises

H1

Do these exercises 2 x day

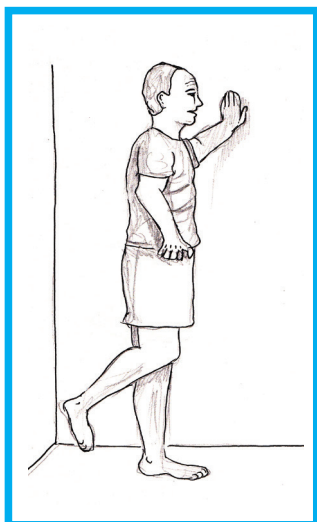
Do these exercises on both sides / affected side



4. Side lying. Bend knees and hips. Keep the insides of your feet together and slowly rotate your upper hip so that your top knee lifts.

Hold 3 seconds

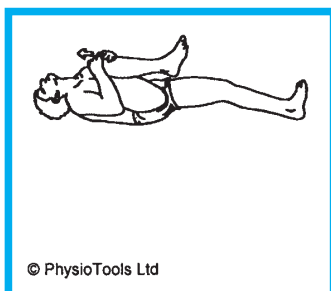
Repeat 15 times



5. In standing. Balance on 1 foot whilst bending the other leg at the knee. Keep your hips level. You may need to touch the wall for balance.

Hold for 30 seconds

Repeat 2 times



6. Lying on your back

Bend the leg to be stretched towards your chest. Pull your knee towards your chin keeping your head on the floor until you feel a stretch in your buttock and back of your thigh.

Hold 5 seconds Repeat 5 times