

Physiotherapy Department

Hip exercises

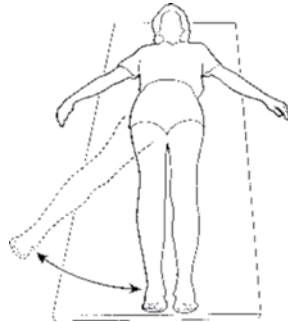
Information for patients



The following exercises are aimed at regaining strength and normal movement in the hip joint following an injury.

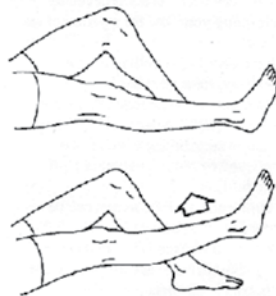
1. Lie on your back. Keep your toes pointing up to the ceiling then slowly move your leg out to the side as far as comfortable. Return to the starting position.

Repeat ___ times.



2. Lie on your back. Tighten your thigh muscles then lift the heel up about 10cm, keeping your knee straight. Hold for 5-10 seconds then relax.

Repeat ___ times.



3. Lie on your back with your legs out straight. Slide your foot up towards your buttocks, bending your knee and hip as far as comfortable. Return to the starting position.

Repeat ___ times.



4. Lie on your back. Using both hands grasp your knee and pull it towards your chest. Hold for 5 seconds then relax.

Repeat ___ times.



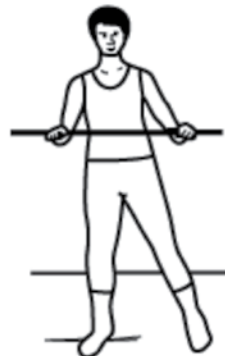
5. Stand holding onto a stable support e.g. a kitchen worktop. Keep your body up tall. Take your leg backwards as far as comfortable, keeping both knees straight. Return to starting position.

Repeat ___ times.



6. Stand holding onto a stable support e.g. a kitchen worktop. Keep your body up tall. Take one leg out to the side as far as comfortable, keeping both knees straight. Return to starting position.

Repeat ___ times.



7. Stand holding a stable support e.g. a kitchen worktop. Slowly bend your knees, squatting down slightly. Hold 5 seconds. Return to starting position.

Repeat ___ times.



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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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