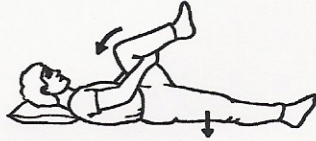


HIP EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



Lying on your back with a cushion under your head.
 Pull your knee onto your stomach helping with your hands. Hold approx. 20 secs. Then stretch the other leg.

Repeat 5 times.

© PhysioTools Ltd



Lying on your back.
 Bend and straighten your leg.

Repeat 20 times.

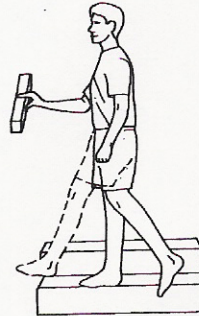
© PhysioTools Ltd



Lying on your back with one leg straight and the other leg bent.
 Lift your straight leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.

Repeat 10 times, then repeat on other leg.

© PhysioTools Ltd

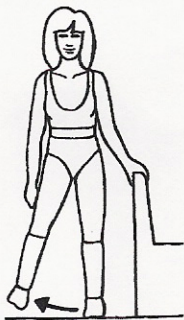


Standing sideways on a small step with support for balance. Allow your outside leg to hang free over the edge of the step.

Gently let the leg swing forwards and backwards like a pendulum.

Repeat 20 times.

© PhysioTools Ltd



Stand straight holding on to a support.
 Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat 10 times.

© PhysioTools Ltd



Sitting
 Stand up and then sit down slowly on a chair. Choose a chair of appropriate height. You may use your hands if you need.

Repeat 10-15 times.

© PhysioTools Ltd

- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY