

Hip Exercises Level 1

Patient Information

Musculoskeletal (MSK) Physiotherapy Services



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Disclaimer

Not all exercises are suitable for everyone and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference, they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.

Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner, you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Contact Information

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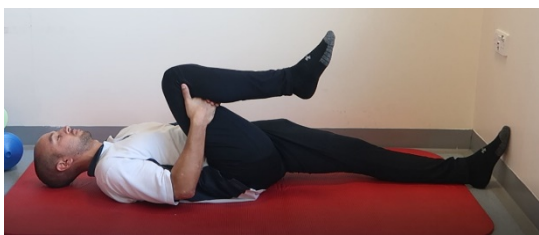
Wigan Health Centre, Boston House

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Hip Level 1 – Exercises 1 to 10



1. Hip Flexion

Lying on your back on the bed or the floor.

Pull your knee onto your stomach helping with your hands. Push your other leg down towards the floor.

Hold approx. 5 secs. - relax.

Repeat 10 times.

Sets 3



2. Hip Fallouts

Lying with your knees bent and feet on the floor/bed hip width apart.

Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.

Hold for a few seconds

Repeat 10 times.

Sets 3



3. Hip Flexor Stretch

Place the front foot on a step/stair and the back leg (the one being stretched) out behind you nice and straight

Tighten your buttock and tilt your pelvis backwards so that your hip fully straightens. Keep the hip straight and shift your weight to your front leg so that you can feel a stretch in the front of the back hip.

Keep your back straight throughout and use support from a banister if needed.

Hold for 5 seconds.

Repeat 10 times

Sets 2



4. Hip Adductor Stretch

Stand tall with feet wide apart.

Squat down with one leg and keep the knee of the other leg straight until you can feel a stretch in the inner thigh of the straight leg.

Hold for 5 seconds.
Repeat 10 times
Sets 2



5. Chair Squat

Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.

Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.

Sit down lightly and push back up to the starting position using your front thighs and buttock muscles. Use your hands to assist as required.

Repeat 10 times.
Sets 3



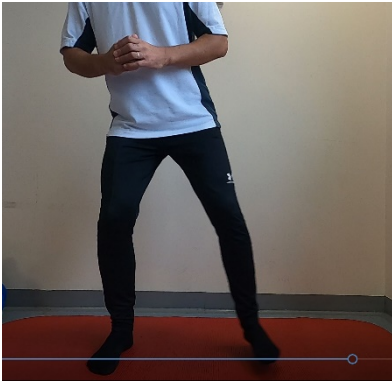
6. Single-leg Standing

Balance on one leg.

Remember to stand tall, with weight evenly on your foot and toes pointing forwards.

Hold for as long as you can, to a maximum of 30 seconds.

Repeat 5 times each leg.



7. Side Stepping

Stand tall, take a hip-width stance and squat down. In this position, step to the side then return, keeping the squat position at all times.

Repeat 10 times each direction.
Sets 3



8. Hip Lift/Bridge

Lie on your back, with your lower legs lifted on a sturdy chair. It can also be done on a bed, but place feet flat on the bed, with knees bent, if doing so.

Activate your abdominals, tighten buttocks, and lift your pelvis by straightening your hips.

Return to the starting position in a controlled manner.

Repeat 10 times.
Sets 3



9. Straight Leg Raise

Lie on your back with one knee bent. Spine in neutral position.

Tighten your front thigh muscles and lift the straight leg. Lower the leg to the starting position in a controlled manner.

Repeat 10 times.
Sets 3



10. Side Leg lifts

Lie on your side, with the lower leg bent and the upper leg straight.

Lift the upper leg straight up with ankle flexed.

Return to the starting position in a controlled manner.

Repeat 10 times.
Sets 3

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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