

Hip Exercises Level 2

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.

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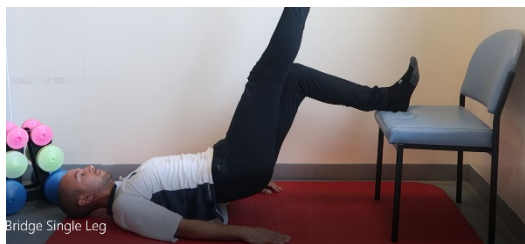
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Hip Level 2 – Exercises 1 to 6



1. Single-leg Hip Lift/Bridge

Lie on your back, with one leg lifted on a sturdy chair and the other leg hovering above the chair.

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

Return to the starting position in a controlled manner.

An alternative technique would be to use both legs to lift up, but once at the top lift 1 leg in the air and control the movement back to the start using only the 1 leg left on the chair.

Repeat 10 times.

Sets 3



2. 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.

Slowly lower yourself, in a controlled manner, to the chair and try and push back up again as you just touch the chair before you sit down fully.

Repeat 10 times.

Sets 3



3. Side Step Ups

Stand sideways next to a step.

Step up and down sideways.

Try and control the downwards movement as much as possible.

Repeat 10 times.

Then perform on the opposite leg.

Sets 3



4. Crab Walks

Stand tall, with an exercise band around your legs (slightly above or under the knee joint, above the knee joint being the slightly easier position).

Take a hip-width stance so that the band tightens and squat down approximately half way.

In this position, step to the side with one leg then return to the start position, keeping the band tight at all times. Do not allow your knees to come together or lose the tension on the band.

Also ensure you maintain the squat position throughout the movement and keep your back flat.

Repeat 10 times.
Sets 3



5. Forward Lunges

Stand tall with feet hip-width apart.

Take one long step forward and squat down so that your rear knee touches the floor (if possible, if not then as close as you can go) and hip is fully straightened. The shin of the front leg and trunk is upright.

Stand back up pushing through your heel, bringing your front foot back to the starting position.

Note: Keep hips, knees and toes aligned in both legs.

Alternate between both legs

Repeat 10 times (5 per leg).
Sets 3



6. Clockface Balance

Stand straight. Balance on one leg at a time and imagine that the standing leg is at the centre of a clock face.

Take the lifted leg and reach it towards the imaginary number 12, then back to the middle, then to 3 (if it's the right leg), or 9 (if it's the left leg) and back to the middle. Finally reach towards number 6 and back to the middle.

The lifted leg should only brush the floor; you shouldn't apply any weight; all weight should remain on the standing leg.

Reach as far as you can each time without losing your balance.

Alternate legs.
Repeat 5 times on each leg

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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