



Tel: (065) 6840757

Hip Exercise Programme

Lying on your back on the floor or on a firm bed

1. Tense the muscle on the front of the thigh, so that you lock the knee fully straight, while at the same time pressing the back of the knee down onto the surface underneath it. Rest for a few seconds before repeating.
2. Lock the knee as in (a) above and then lift the whole leg up straight from the hip approximately 30cm. Hold for a few seconds. Do not be worried by a strained feeling at the groin – this is relatively normal and will go. Rest for a few seconds before repeating.
3. Bend the knee over a football / folded pillow and then lock the knee out fully straight for a few seconds before allowing it to bend again. Relax with the heel on the floor / bed before repeating.
4. Slide the heel up towards the bottom as far as possible and straighten out again. Do alternately on the left and right legs
5. Lift the leg out to the side as far as possible with the knee held straight.
6. Lie with the knees bent up and the heels close to the bottom on the floor or bed. Lift the bottom up approximately 30cm off the floor and hold (steady) for a few seconds before resting back down again. Rest for a few seconds before repeating.

Lying on your Tummy

1. Bend the knee and bring the heel up and out towards your bottom
2. Keep the knee locked straight and lift the whole leg off the floor, moving it out behind you

Sitting on a table or chair (with the feet off the floor)

1. Lock the knee out fully straight and hold for a few seconds. Allow the knee to bend again slowly and relax. Rest for a few seconds before repeating.

Standing

1. Step to the side with the leg held straight and the toes pointing forward. Repeat a number of times along a table / wall / hallway before returning in the opposite direction.
2. Lift the knees alternately as in high knee marching – lift the knees at least to the height of a table. Hold on with fingertips for balance only.
3. Bend the knee and bring the heel up and out towards your bottom
4. Bend both knees together and squat as far as possible
5. Hold the knee locked straight and try balancing on the affected leg on its own. You do not need to lift the other leg far off the ground and can hold on with fingertips for balance only if necessary.
6. As above balance on the affected leg and throw a ball against a wall. Catch it on the rebound. Maintain or regain balance before repeating.