

Hip Exercises

Repeat all exercises x 5 and progress to x 10, 3 times a day.

Only move as far as pain allows.

- 1) Lie on your back with your good leg bent and the affected leg straight.
Place a cushion under your head.
Stretch the affected leg away from you to make it longer.
Hold it for a few seconds and slowly relax.
- 2) Same position, now slide the affected leg out to the side, as far as comfortable and slowly in again .
- 3) Now place a rolled up towel under the knee on the affected side.
Push the knee down into the towel and lift the lower leg.
Hold for 5 seconds and slowly lower.
- 4) Bend up both knees.
With control slowly drop the knee on the affected side out to the side.
Go only as far as comfortable without the pelvis rolling.
Slowly bring it back in again.
- 5) Lie on your good side with both knees bent.
Lift the knee on the affected side up a few inches, keep feet together.
Slowly lower.
- 6) Still on your side with knees bent, place a pillow between your knees.
Now lift the whole of the affected leg up a few inches.
Hold for 5 seconds and lower slowly.
Progress this exercise by gradually straightening the affected leg.
- 7) Lie on your front.
Lift the whole of the affected leg a few inches off the bed.
Hold for 5 seconds and slowly relax.
Progress this exercise by lifting the leg and then taking it out to the side.
- 8) Stand facing a wall about a foot away. Hold on for balance only.
Tighten your stomach and buttock muscles.
Slightly bend your knees and shift your weight onto your affected leg.
Try to stand on the affected leg only. Don't let the pelvis drop.
Hold for 5-10 seconds.