



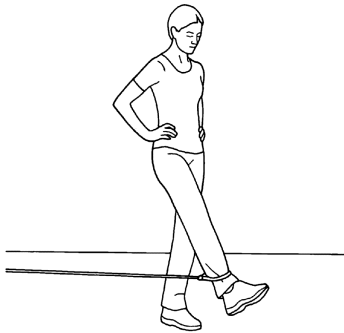
Personal exercise program

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Advanced Hip Exercises

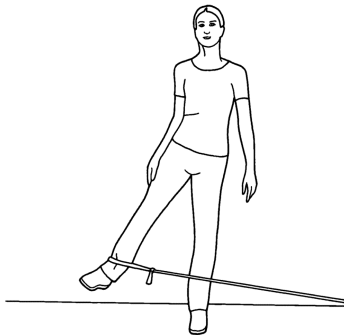


Stand with a rubber exercise band around your ankle.

Pull the band by bringing your leg straight forward.

Repeat 10-20 times.

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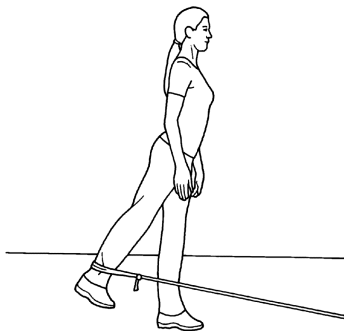


Stand with a rubber exercise band around your ankle.

Pull the band by bringing your leg out to the side.

Repeat 10-20 times.

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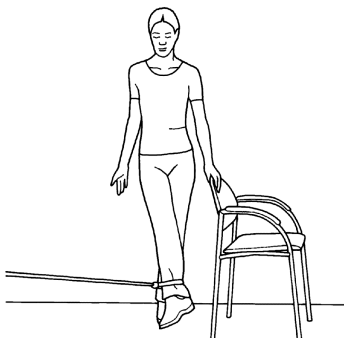


Stand with a rubber exercise band around your ankle.

Pull the band by bringing your leg straight backwards.

Repeat 10-20 times.

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Stand with a rubber exercise band around your ankle.

Pull the band by crossing your leg straight in front of the other leg.

Repeat 10-20 times.

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Lying on you side. Put a small weight around the ankle that is on the floor. Bend top leg in front of lower leg with foot on the floor. Roll top hip slightly forward, use top arm to support you in front.

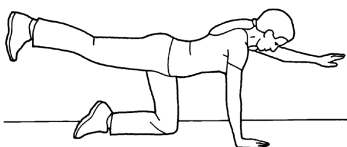


Lift lower leg 30cm from floor keeping toes pointed forwards. Return to starting position.

Repeat 10-20 times.

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Crawling position.

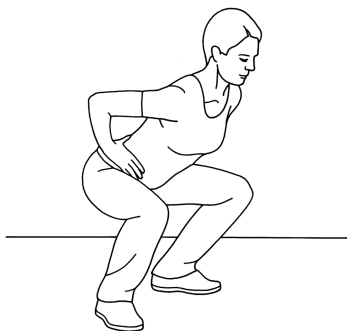


Lift opposite arm and leg to horizontal position. Hold 10-20 secs. Try to keep your body still.

Repeat 5-10 times.

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Stand with your feet hip width apart.

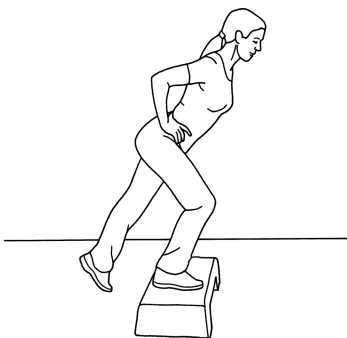


Sit back and stop when your thighs are parallel to the floor. Return to the starting position using your buttock muscles.

Repeat 10-20 times.

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Stand on a step board.

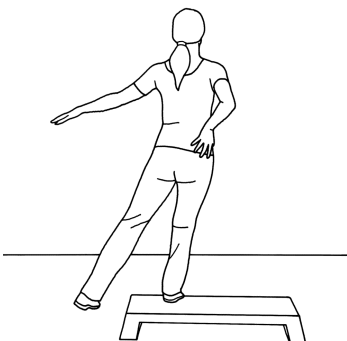


Bend one leg and straighten your other leg behind you while leaning forward 45 degrees. Straighten knee as if 'stepping up' then return to the starting position using your buttock muscles. Keep your back straight.

Repeat 10-20 times.

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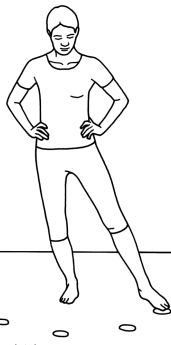
Stand on a step board.



Bend one leg and move the other leg to the side. Return to the starting position.

Repeat 10-20 times.

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Stand straight.

Lift your leg and point the foot to the side, forwards and backwards. Do not let your pelvis tilt or knee fall in.

Repeat for upto 5mins.

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STRETCHES FOR THE GLUTEAL MUSCLES, including PIRIFORMIS

Sit on the floor with one leg straight and the other leg crossed over it.

Bring your knee towards your opposite shoulder. Feel the stretch in your buttock. Hold 15-30 secs.

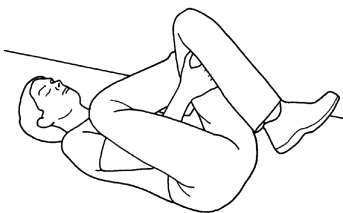
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Sit on the floor with your legs bent. Cross one leg over the other. Put your arm around the leg to be stretched.

Bring your knee towards your opposite shoulder. Feel the stretch in your buttock. Hold 15-30 secs.

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Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in you buttock, hold for 15-30secs.

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