



Personal exercise program

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation
Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Basic Hip Exercises

RANGE OF MOVEMENT EXERCISES ...

Lying with your knees bent and your feet on the floor.

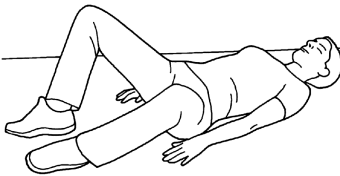


Lift one knee towards your chest. Place your hands behind the knee and draw it into your chest. Hold for a few seconds.

Repeat 10-20 times.

©PhysioTools Ltd

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

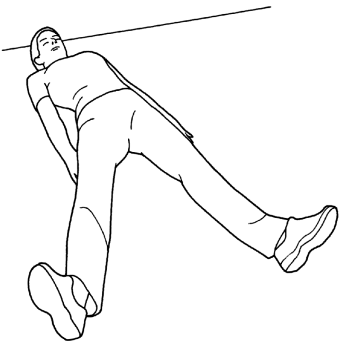


Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.

Repeat 10-20 times.

©PhysioTools Ltd

Lying on your back.

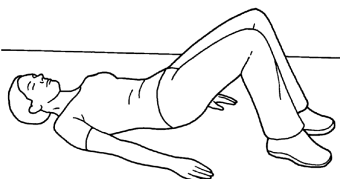


Bring your leg out to the side and then back to mid position.

Repeat 10-20 times.

©PhysioTools Ltd

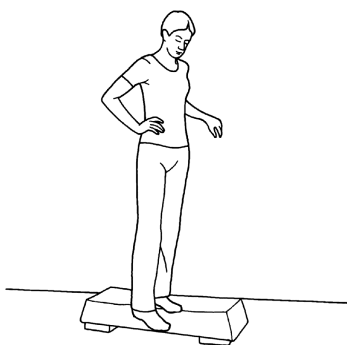
Lying on your back with knees bent and palms facing up towards the ceiling and palms turned up towards the ceiling.



Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat 10-20 times.

©PhysioTools Ltd

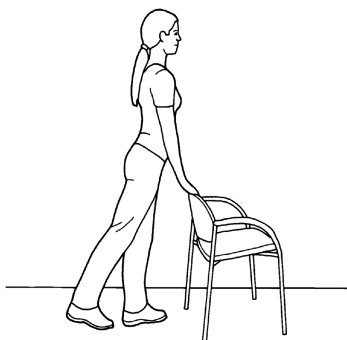


©PhysioTools Ltd

Standing sideways on a small step with support for balance. Allow outside leg to hang free over the edge of the step.

Turn your foot inwards and outwards keeping your toes in line with your kneecap. Feel the muscles in the hip working.

Repeat 10-20 times in both directions.

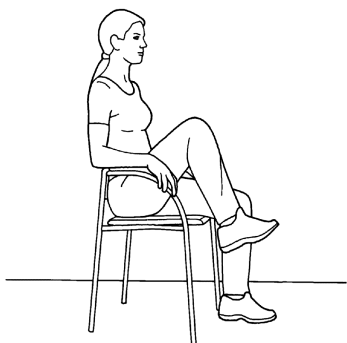


©PhysioTools Ltd

Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Push your hip forward to feel a stretch along the front of your thigh. Do not lean forwards.

Repeat 10-15 times.

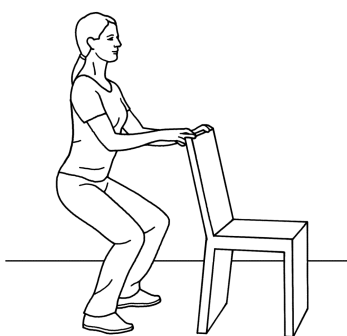


©PhysioTools Ltd

Sitting on a chair.

Lift your leg up off the seat keeping the knee bent. Return to starting position.

Repeat 10-20 times.



©PhysioTools Ltd

Stand behind a chair and support yourself with both hands.

Slowly bend your hips and knees, trying to push your bottom back. Stand up tightening your buttock muscles.

Repeat 10-20 times.