

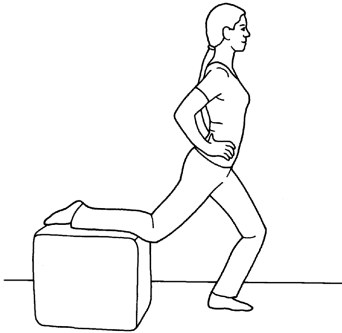


Personal exercise program

Warwick Physio and Rehab

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

Intermediate Hip Exerc...



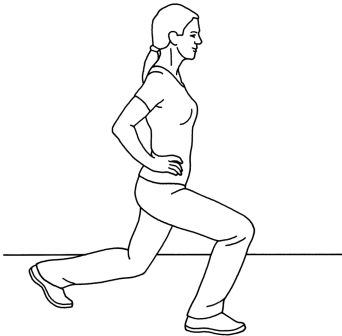
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Stand straight with one knee bent and the foot supported on a stool as shown.

Bend your straight leg stretching the front of the thigh on the other leg. Push your hip forward to feel a stretch along the front of your thigh.

Hold this position for 10-20seconds.

Repeat upto 5 times.

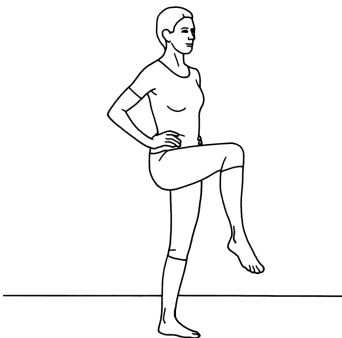


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Lunges. Stand straight.

Take a step forward and bend your knees. Push your hip forward to feel a stretch along the front of your thigh. Hold this position for 5-10seconds. Return to the starting position.

Repeat 5-10 times.



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MARCHING ON THE SPOT

Repeat for 60-90seconds.



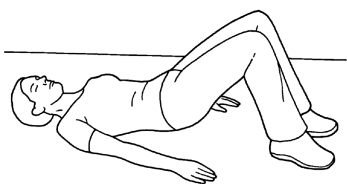
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Sitting on a chair with your foot on the opposite knee.

Gently push your knee towards the floor.

Repeat 5-10 times on each leg.

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

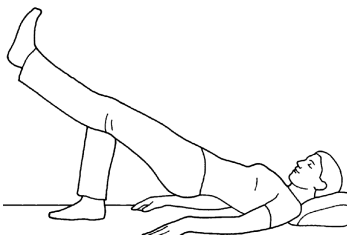


Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat 10-20 times.

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

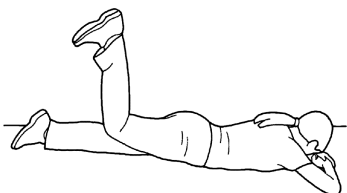


Lift your hip up and keep it straight while shifting the weight over to one leg. Then straighten the other leg - put it back down and repeat with other leg.

Repeat 10-20 times.

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Lying face down.



Bend your knee to a right angle and lift your foot towards the ceiling. Keep your lower back relaxed.

Repeat 10-20 times.

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Stand straight holding on to a support.

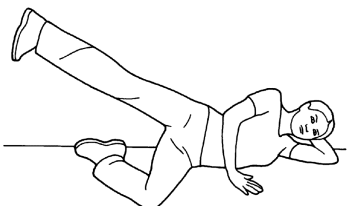


Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat 10-20 times.

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Sidelying. Keep the leg on the bed bent and the upper leg straight.

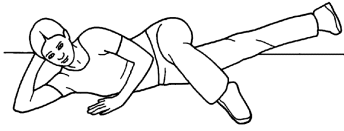


Lift the upper leg straight up with ankle flexed and the heel leading the movement.

Repeat 10-20 times.

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Lying on your side with top leg bent in front of lower leg and the foot on the floor. Roll top hip slightly forwards, use top arm to support you in front.



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

Repeat 10-20 times.

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Lie on your side with your knees bent.

Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise.



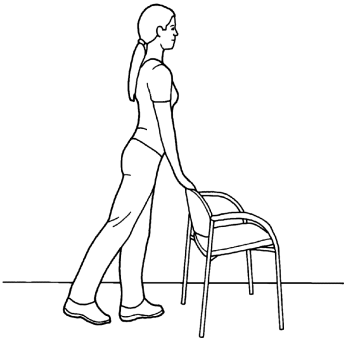
Repeat 10-20 times.

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Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat 10-20 times.

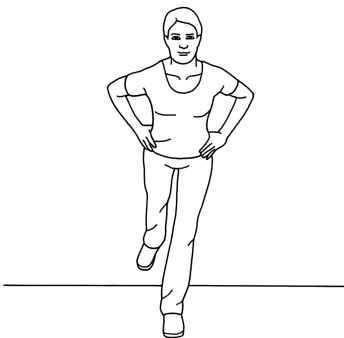


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Stand.

Slowly lean your body forward 45 degrees. At the same time straighten one leg behind you and slightly bend the leg you are standing on. Keep your back straight and do not let your pelvis tilt or your knee fall in. Hold this position for 10-20seconds.

Repeat 5 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 1 min, 5 times.



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