

Hip Strengthening Exercises - Standing

Resting your hands on the kitchen worktop. NOT a chair or zimmer frame.

7. Stand on your non-operated leg; slide your operated leg away from the other. Make sure to keep your toes pointing forwards throughout the movement. Repeat 10 times. Then stand on your operated leg and do the same as above, if able and pain allows.



8. Stand on your non-operated leg; slide your operated leg backwards. Try not to compensate by leaning forwards instead. Repeat 10 times. Then stand on your operated leg and do the same as above, if able and pain allows.



9. Stand on your non-operated leg; lift your operated leg up in front of you. Repeat 10 times. Then stand on your operated leg and do the same as above, if able and pain allows.

