

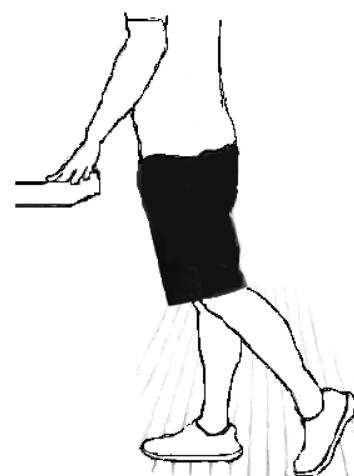
Hip strengthening exercises

Guidance on which exercises you should start with, how many repetitions you should perform and the frequency will be provided by your physiotherapist.

1. Tighten your bottom muscles, hold for 5 seconds and relax.



2. Holding on to a firm surface. Stand on one leg; slide the other leg out to the side. Make sure to keep your toes pointing forwards throughout the movement.



3. Holding on to a firm surface. Stand on one leg; slide the other leg backwards. Ensure you stand upright throughout.



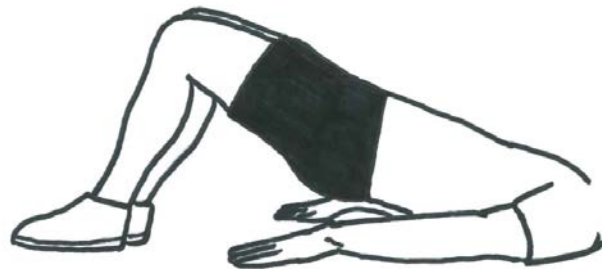
4. Holding on to a firm surface. Standing on one leg; lift your other leg up in front of you.

Hip strengthening progression

5. Lying on your side on a comfortable surface. Lift your top leg up, level with your hip. Lower slowly. Ensure your pelvis doesn't roll backwards.



6. Lying on your back on a comfortable surface, bend your knees to position your feet flat on the bed. Lift your bottom off the bed. Lower slowly.



7. Lying on your front on a comfortable surface, lift one leg to **hover just off** the surface. Lower slowly.



Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319