

Patient Exercise Sheet: Hip Strengthening Exercises

Physiotherapy



1 Sit to Stand

2 Glute Bridge

3 Step Up

4 Side Lying Hip Abduction

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Sit to Stand



In sitting, place your arms across your chest. Gently lean forwards, using your legs to push you up into standing. Slower lower back down, making sure to push your hips backwards and to control the movement down slowly.

10-15 repetitions (2-3 sets), twice daily.

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- 2 **Glute Bridge**
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2 Glute Bridge



Lying on your back, with your knees bent to 45 degrees and feet flat to the floor. Squeeze your buttock muscles and lift your hips up.

Hold for 5-10 seconds, repeat 8-10 times, 2-3 times daily.

3 Step Up



Stand upright in front of the bottom step of your staircase. Step up onto the first step with one leg, and bring the other leg up to meet it. With control, lower this same foot back to the floor, followed by the other.

10-15 repetitions (2-3 sets), twice daily.

1 Sit to Stand

2 Glute Bridge

3 Step Up

4 **Side Lying Hip Abduction**

4 Side Lying Hip Abduction



Lying on your unaffected side, with pillows between your knees. Lift the affected leg up as high as is comfortable and then slowly lower back down.

Hold for 1-2 seconds, repeat 10-15 times (2-3 sets), twice daily.