



1 Lying Hip Flexion

2 Lying Hip Abduction

3 Lying Hip Rotation

4 Lying Hip External Rotation

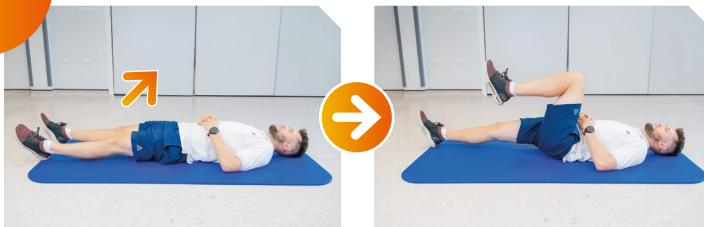
5 Standing Hip Flexion

6 Standing Hip Abduction

7 Standing Hip Extension

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.

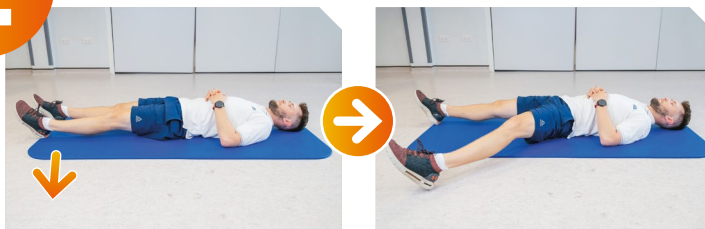
1 Lying Hip Flexion



Lying on your back, slowly raise your affected leg by bringing your knee up towards your chest.

10-12 repetitions (2-3 sets), 2-3 times daily.

2 Lying Hip Abduction



Lying on your back, slowly raise your leg out sideways.

10-12 repetitions (2-3 sets), 2-3 times daily.

CONTINUED OVERLEAF



1 Lying Hip Flexion

2 Lying Hip Abduction

3 Lying Hip Rotation

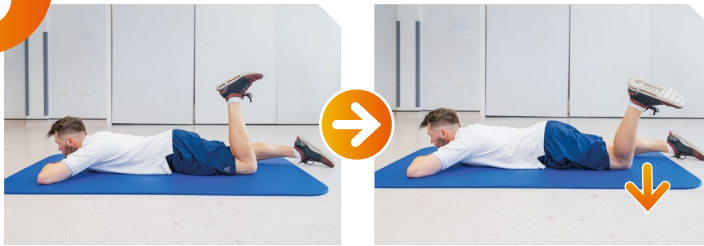
4 Lying Hip External Rotation

5 Standing Hip Flexion

6 Standing Hip Abduction

7 Standing Hip Extension

3 Lying Hip Rotation



Lying on your stomach, with your knee bent to 90 degrees. Let your foot fall out as far as possible one way and then the other.

10-12 repetitions (2-3 sets), 2-3 times daily.

4 Lying Hip External Rotation



Lying on your back. Place the ankle of the leg you want to stretch on your opposite knee. Gently push your knee down to feel the stretch.

Hold for 30 seconds, 3-4 repetitions. 2-3 times daily.

CONTINUED OVERLEAF 

1 Lying Hip Flexion

2 Lying Hip Abduction

3 Lying Hip Rotation

4 Lying Hip External Rotation

5 Standing Hip Flexion

6 Standing Hip Abduction

7 Standing Hip Extension

5 Standing Hip Flexion



Standing, gently raise your affected leg by bringing your knee towards your chest.

10-12 repetitions (2-3 sets), 2-3 times daily.

6 Standing Hip Abduction



Standing, slowly raise your affected leg out sideways. Aiming to keep upright throughout the movement.

10-12 repetitions (2-3 sets), 2-3 times daily.

CONTINUED OVERLEAF 

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|-------------------------------|---------------------------------|--|--------------------------------------|
| 1 Lying Hip Flexion | 2 Lying Hip Abduction | 3 Lying Hip Rotation | 4 Lying Hip External Rotation |
| 5 Standing Hip Flexion | 6 Standing Hip Abduction | 7 Standing Hip Extension | |

7 Standing Hip Extension



Standing, slowly raise your affected backwards. Aiming to keep upright throughout the movement.

10-12 repetitions (2-3 sets), 2-3 times daily.

Please refer to the '**Hip Strengthening Exercises**' sheet when you feel the mobility in your hip has improved.