

# Hip Exercise Programme

Tick the required exercise below

## 1. Straight Leg Raise



- Lying on back or sitting, bend one knee up to protect back. Keep other leg straight and turn toes out to the side
- Keeping knee straight, lift leg up about 45 degrees
- Hold for 5 seconds then slowly lower. Repetitions

## 2. Bridging



- Lying on back with both knees bent. Ball between knees
- Squeeze knee together and curl tail bone underneath and peel spine up off mat one bone at a time until shoulders and knees are in a line keep feet flat.
- Hold for 5 seconds then slowly lower your spine one bone at a time.

## 3. Hip Abduction Side Lying



- Lying on side (close to wall)
- Bend bottom leg slightly
- Keeping top knee straight and toes pointing up towards you, lift top leg up into air (do not let hip roll backwards)
- Hold for 5 seconds, slowly lower

## 4. Squats



- Stand up tall
- Bend through your hips like you are about to sit down
- Squeeze buttocks and stand up tall

## 5. Clams



- Lying on side (hips facing forward, lying tight against wall to prevent hip rolling backwards). Slightly bend knees.
- Keeping ankles together, lift top knee up towards ceiling
- Slowly lower

## 6. Hip Twists



- Lying on back with both knees bent, feet flat on floor right leg still (Imagine you have a drink balanced on your right knee)
- Slowly roll your left leg outwards from your body while keeping Roll your left leg back inwards until it is line with the left hip.
- Repeat alternating leg

For further information and advice please visit our website: [www.poole.nhs.uk/physio](http://www.poole.nhs.uk/physio) and find 'childrens physiotherapy'

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### 7. Hamstring stretch



- Lie on your back. Place one leg up against the door frame and the other leg through the door.
- Both your knees should be straight and your hips should be on the floor with no bottom lifting.

### 8. Quadriceps stretch supine



- Keep your lower back flat against the bed.
- Wrap a towel around your foot; allow your leg to hang down off the edge of the bed. Allow your knee to bend.
- Pull the towel back towards you, pulling your foot towards you.

### 9. Through the key hole



- Place one foot onto the opposite thigh. Hold the back of the thigh and pull towards your body.
- Hold for 30 seconds
- Doing 3 each leg.

### 10. ITB foam roller



- Lie on your side with a foam roller under the side of your leg.
- Roll your leg back and forth over the foam roller.
- Repeat 10 times

### 11. Frog legs



- Lie on your back, keeping your lower back against the floor.
- Keep your feet together and allow both knees to drop out to the side.

### 12. Hip flexor stretch



- Kneeling on the floor, take one leg forward and keep your body upright.
- Feel a stretch at the front of your back leg.