

Hip Exercises

Hip Flexion (Lying)



- Lie on your back
- Pull one knee to your chest, keeping the other leg straight then repeat on the other side
- Stop where you feel a stretch, hold for approximately 10 seconds and relax.
- Repeat 10 times, 2 times a day

½ Bridging Exercise



- Start with your back and arms flat on the mat, knees bent and feet planted on the floor.
- Proceed to slowly raise your hips until your trunk and thighs are aligned.
- Hold for 10 seconds, repeat 10 times, 2 times a day

Hip Flexion (standing)



- Hold onto a work surface
- Lift one of your knees up towards your chest, repeat on the other side
- Repeat 10 times, 2 times a day

Hip Extension (standing)



- Keep your knee straight and move your leg backwards,
- Don't lean forwards.
- Hold onto a chair or work surface for support.
- Repeat 10 times, 2 times a day

Natalie March Bsc MCSP
Physio-logical
Chauffeurs Room
Chauffeurs Cottage
Stansted Park
Rowlands Castle
PO9 6DX

Email: enquiries@physio-logical.net
Website: www.physio-logical.net
Phone: 07835 712 306
HCPC: PH64652
CSP: 069661

Registered Office: Physio-logical Limited, 34 Little Corner, Denmead, Hampshire, PO7 6XL
Limited Company Registration Number: 7910374

Hip Abduction (standing)



- Lift your leg sideways, keeping your toes pointing forwards.
- Also keep your body straight and upright
- Hold onto a chair or work surface for support.
- Repeat 10 times, 2 times a day

Natalie March Bsc MCSP
Physio-logical
Chauffeurs Room
Chauffeurs Cottage
Stansted Park
Rowlands Castle
PO9 6DX

Email: enquiries@physio-logical.net
Website: www.physio-logical.net
Phone: 07835 712 306
HCPC: PH64652
CSP: 069661

Registered Office: Physio-logical Limited, 34 Little Corner, Denmead, Hampshire, PO7 6XL
Limited Company Registration Number: 7910374