Hip exercises

Try to complete the exercises at least three times a day.

1. Bend and straighten your leg, sliding your heel towards your bottom. Repeat 15 times.

2. Lying on your back, bring your leg out to the side and then back to the mid position.
   Keep your knee straight and your toes pointing to the ceiling during this exercise.
   Repeat 15 times.

3. Lying on your back, squeeze your buttocks firmly together.
   Hold for ten seconds. Repeat 20 times.

4. Lying on your back, pull your toes towards you and brace your knees down firmly against the bed.
   Hold for ten seconds. Repeat 20 times.

5. Lying on your back, place a rolled up blanket underneath your knee. Push your knee down into the blanket and lift your heel off the bed.
   Hold for ten seconds. Repeat 15 times.

6. Lying on your back, point and flex your toes.
   Repeat 20 times.

7. In standing position, hold onto a stable surface.
   Take your leg out to the side and then slowly return it to the starting position.
   Keep your trunk (torso) straight during this exercise.
   Repeat 15 times.
8. In standing position, hold onto a stable surface.
   Bring your leg backwards, keeping your knee straight.
   Try not to lean forwards.
   Repeat 15 times.

9. In standing position, hold onto a stable surface.
   Bring your knee up towards your chest.
   Repeat 15 times.

10. Stand with your back against the wall and your feet hip width apart and away from the wall. Gently bend your knees and then straighten them, so your body slides up and down the wall.
    Repeat ten times.

11. In standing position, hold onto a stable surface.
    Raise up onto your tiptoes.
    Repeat 20 times.

12. In standing position, hold onto a stable surface.
    Take side steps to the left and right.
    Repeat 15 times.

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.

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