

Exercise plan:  
**Hip pain - EASY**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**28th May 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



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### Hip Flexion Sitting

- 1) Sit in a chair.
- 2) Steadily pull your knee towards your chest. Lifting the thigh as far as is comfortable.
- 3) Lower the foot back to the floor slowly.

This exercise will mobilise your hip joint and strengthen the hip flexor muscles.

**Repetitions: 12 to 20, as able | Time: Once a day | Days per week: 5 to 7**

Video: <http://youtu.be/l6ChVWAVwbq>



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### Side-Step

- 1) Stand with your feet together, hold a support surface if you need to (like the kitchen counter).
- 2) Step your affected leg out to the side, then shift your weight over to the side. If you do this slowly you will feel more muscles work. Repeat

**Repetitions: 12 to 20, as able | Time: Once a day | Days per week: 5 to 7**

Video: [http://youtu.be/4eIjQ8As\\_4I](http://youtu.be/4eIjQ8As_4I)

## Sit to Stand - No Hands

If this is difficult or painful, try from a taller surface (for example, a tall chair, a tall bed edge, even a sturdy desk could be used)



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- 1) If needed, shuffle to the chair edge. Now, position your feet hip width, and the knees too (by opening the legs from the hips).
- 2) Lean forwards, and push through your legs to standing. Try not to let your knees bow inwards as you stand.
- 3) Sit back down, controlled and steady. Reaching back for the chair with your bottom. Again try not to let your knees bow inwards.

This exercise will strengthen your legs and core. It is good for back pain, hip pain and knee pain, as well as for general fitness because it uses a lot of muscles.

**Repetitions: 12 to 20, as able | Time: Once a day | Days per week: 5 to 7**

Video: [https://youtu.be/2rVOvOU\\_vmE](https://youtu.be/2rVOvOU_vmE)

## Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



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**Repetitions: 12 to 20, as able | Time: Once a day | Days per week: 5 to 7**

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)