

Exercise plan:  
**Hip pain - MODERATE**

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.

### 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)

- 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: 20 to 30 as able | Rest: 30 second rest half way if needed. | Days per week: 4 to 7**

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

### Hip Abduction Gluteus Medius Standing



- 1) Stand up next to a table, wall or kitchen counter and hold for balance.
- 2) Take your leg slowly out to the side, and then back to neutral. Repeat as required.

Tips: As you do this, don't tilt your body. Keep your trunk straight. You don't need to kick high, the aim is not how high the leg reaches. The movement should be controlled, you should be tensing the muscles in the side of the hip to lift. You want to be tiring out those hip/buttock muscles.

This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

**Repetitions: 12 to 24, as able. | Rest: 30 second rest half way if needed. | Days per week: 4 to 7 | Both sides**

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

## Supine Bridge Medium



Lie flat on your back with your arms across your chest, and with your knees bent. Squeeze your bottom muscles and lift your body upwards. 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.

**Repetitions: 20 to 30 as able | Rest: 30 second rest half way if needed. | Days per week: 4 to 7**

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

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## Box Step Front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with.

**Repetitions: 12 to 24, as able. | Rest: 30 second rest half way if needed. | Days per week: 4 to 7 | Both sides**

Video: <http://youtu.be/EI739ijbGUU>

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