

Exercise plan:  
**Hip pain - ADVANCED**

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.

### Shoulder Bridge 3



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Start position is shoulder bridge level one, with a neutral pelvis and the spine rolled away from the mat. Inhale to prepare, exhale to lengthen and straighten your leg. Avoid tilting the pelvis. Inhale and fold your leg back to the mat, ready to repeat on the opposite leg. Exhale, as you roll the spine down vertebra by vertebra to finish.

**Sets: 3 | Repetitions: 10-15 | Rest: 30-60 seconds between sets | Days per week: 3-5 | Both sides**

Video: <http://youtu.be/R7yrLIC0ujs>

### Single Leg Sit-Down Squat



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Stand up, and lift one leg off the ground. Position yourself in front of a chair or stool. Bend your knee to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Repeat without putting your other leg on the ground. Throughout this exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Sets: 3 | Repetitions: 10-15 | Rest: 30-60 seconds between sets | Days per week: 3-5 | Both sides**

Video: <https://youtu.be/xCgEKn5n9CQ>



### 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.

**Sets: 3 | Repetitions: 10-15 | Rest: 30-60 seconds between sets | Days per week: 3-5 | Both sides**

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



### Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

**Sets: 3 | Repetitions: 10-15 | Rest: 30-60 seconds between sets | Days per week: 3-5 | Both sides**

Video: [http://youtu.be/7QR\\_lew1f7Y](http://youtu.be/7QR_lew1f7Y)