

Walker & Hall Chartered Physiotherapists

Hip - Basic Exercises

Personal Exercise Program

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PLEASE READ BEFORE CONTINUING

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WARNING AND DISCLAIMER

BEFORE you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.

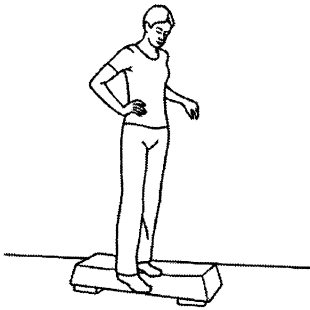


Standing sideways on a small step with support for balance. Allow your outside leg to hang free over the edge of the step.

Gently let the leg swing forwards and backwards like a pendulum.

Repeat 10 times.

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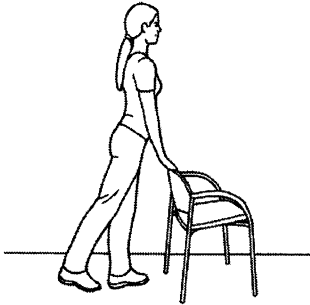


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Standing sideways on a small step with support for balance. Allow outside leg to hang free over the edge of the step.

Turn your foot inwards and outwards keeping your toes in line with your kneecap. Feel the muscles in the hip working.

Repeat 10 times.

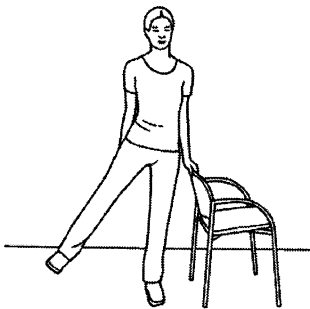


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Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat 10 times.



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Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat 10 times.

STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND SEEK MEDICAL ADVICE