

# Walker & Hall Chartered Physiotherapists

## Hip - Intermediate 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.

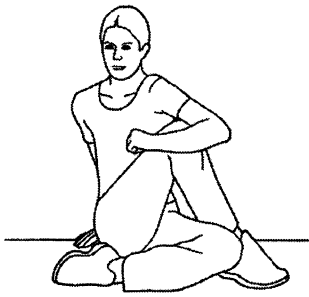
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Lying on your back with a cushion under your head.

Pull your knee onto your stomach helping with your hands. Push your other leg down towards the floor. Hold approx. 2 secs. - relax.

Repeat 10 times.



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Sit on the floor with your legs bent. Cross one leg over the other. Put your arm around the leg to be stretched.

Bring your knee towards your opposite shoulder. Feel the stretch in your buttock. Hold 2 secs.

Repeat 10 times.

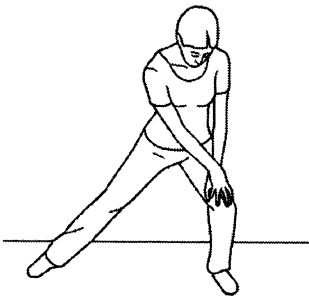


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Sit on the floor with the soles of your feet together and as close to your groin as you can.

Push your knees down towards the floor. You will feel the stretching on the inside of your thighs. Hold approx. 2 secs. - relax.

Repeat 10 times.



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Stand with legs astride and straight.

Bend one leg and put your hands on the knee. Bend your leg even more and put more weight on the leg. You will feel stretching on the inside of the thigh on the straight leg. Hold approx. 2 secs.

Repeat 10 times.

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