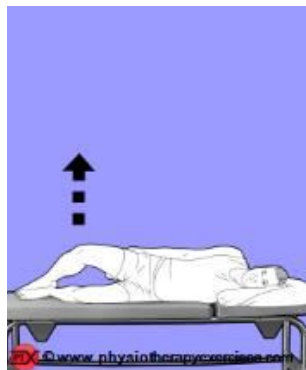


# Hip exercises

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## Hip external rotation in sidelying

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Perform \_\_\_ sets of \_\_\_ reps.

### Client`s aim

To strengthen your hip muscles.

### Client`s instructions

Position yourself on your side with your affected hip uppermost. Bend your knees, keep your ankles together and raise your uppermost knee away from the bottom one.

Do not let your hip/body roll back while lifting your knee

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## Bridging to end of range

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Perform \_\_\_ sets of \_\_\_ reps

### Client`s aim

To strengthen your hip muscles.

### Client`s instructions

Position yourself lying on your back with your knees bent. Tighten the muscles in your bottom and lift your bottom off the bed.

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## Hip abduction in standing

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### Client`s aim

To strengthen the muscles on the outside of your hip.

### Client`s instructions

Position yourself standing with their feet together and holding onto solid object for support. Start with your leg beside your body. Lift your leg out to the side. Ensure that you keep your body upright and your toes pointing forward.

### Progressions and variations

Less advanced: 1. Perform lying on your back sliding leg out to the side. Keep toes pointed to the ceiling

# Hip exercises