

Exercises & Stretches for the Hips

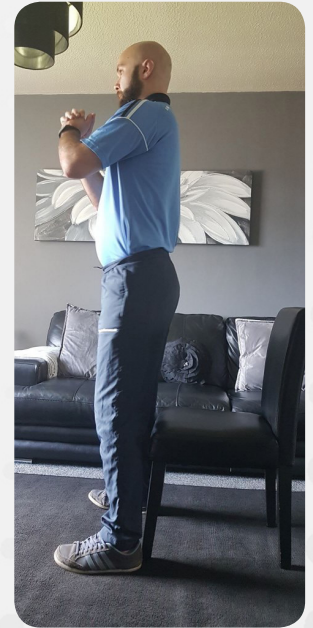


Exercise 1 Sit to Stand

Sit at the edge of your chair with both feet firmly on the ground. Press your heels into the ground to help you stand up, keeping your head up and your chest lifted.

Before sitting down make sure you can feel the chair on the back of both legs.

4 SETS OF 10 REPS

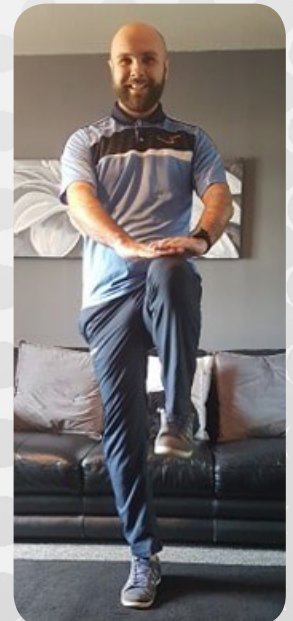
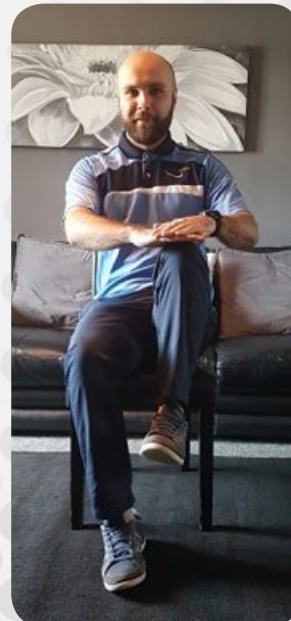


Exercise 2 Single Leg High Knee to Waist

Sitting on the edge of your chair slowly lift one knee up to waist height, you can place your hands out in front as a guide. Place this leg down and repeat with the other leg.

Progression - Standing single leg high knee to hand

**1 minute each leg , 30 second rest
(Repeat x 3)**



Exercise 3

Side Leg Raises

Holding onto a chair, slowly lift one leg out to the side.

Ensure that your toes always faces forward.

Place that leg back on the group and do the same with your other leg.

3 sets of 12 reps



Exercise 4

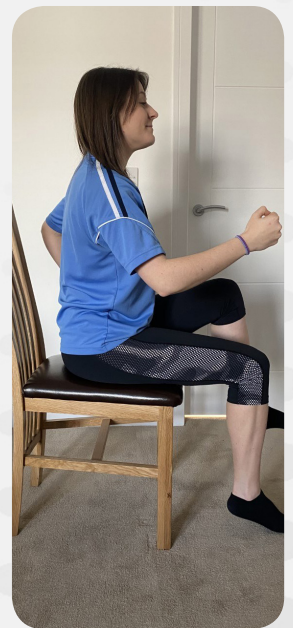
Marching

Sitting on the edge of your seat, lift one leg off the ground and then place it back.

Lift the other leg and continue in this pattern. At the same time swing the opposite arm.

Imagine you are going for a walk and march at your own pace.

**1 minute then rest for 30 seconds
(Repeat x 3)**



Exercise 5

Plank Hold Against Wall

Start standing hip-width apart facing the wall.

Place both hands against the wall so your arms are extended. Slowly, place one leg at a time back as far as is comfortable.

Hold this position for 30 seconds.

**30 seconds then rest for 10 seconds
(Repeat x 6)**



Exercise 6

Seated Abductor

Sitting on the edge of your seat, slowly bring one leg out to the side as far as you can go.

Make sure your other leg stays in the same place and your body always faces forward.

Return this leg to the starting position and repeat on the other leg.

3 sets of 12 reps



Stretch 1

Quadricep Stretch

Bring one leg up behind you and hold onto your foot or trouser leg. Keep knees together, push shoulders back and slowly drive the hips forwards.

Hold for 15 seconds then try the same on the other leg (make sure you have something to hold onto for balance).



Stretch 2

Hamstring Stretch

Sitting forward on your chair, slide one leg forward until your leg is straight with your heel on the floor.

Lean forward from your hips and place your hands on your opposite leg. Hold for 15 seconds and then do the same on the other leg.

