

Personal exercise program

Hip Rehab



Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

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Provided for Website Website
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Bridge



Lie on your back, with knees bent and feet hip-width apart.



Draw in your abdominals and tighten your buttocks. Tilt your pelvis backwards and lift your pelvis and back up one vertebrae at a time. Lift only as high as you can while maintaining the pelvis position. Lower your pelvis down in a controlled manner.

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Note: Don't let your lower back arch during the lift.

Repeat _____ times.

Squat, Upright Trunk



Stand tall, facing a wall. Feet slightly wider than hip-width apart, toes point slightly outward. Arms lifted up, elbows straight and hands against the wall.

Squat down keeping your trunk upright and weight on your heels. Go as low as you can, while still controlling the neutral position of your spine.

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Note:

- Keep hips, knees and 2nd toes aligned.
- Start further away from the wall and move closer to progressively make it more difficult.

Repeat _____ times.

Glute Walk



Stand tall, with an exercise or loop band around your legs (slightly above or under the knee joint).

Take a hip-width stance so that the band tightens and squat down. In this position, step to the side then return, keeping the band tight at all times.

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Repeat _____ times.

Note:

Focus on using your buttock muscles.

You can also step forwards and backwards, but remember to keep feet at least hip width apart.



Mini-squat with Hip External Rotation

Stand tall with your feet approximately hip-width apart and weight distributed evenly between your feet. The loop of an exercise band is placed around your legs under your knees and the slack is taken off.

Bend your knees and hips as if you were sitting down. At the same time rotate your knees outwards against the resistance. The knees and toes should point in the same direction.

Push back up to the starting position using your front thighs and buttock muscles.

Repeat _____ times.



Lying with your knees bent and feet on the floor hip width apart.

Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.

Repeat _____ times.
