

# Personal exercise program

## Pool exercises hip



Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

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Provided for Website Website  
Training start date 09/10/2019



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Stand in chest deep water holding a hand rail or pool side to help maintain balance. Place the other hand in the small of your back. Lift the leg nearest the wall forwards toward the surface until a light stretch is felt in the back of the leg.

Take the leg backwards as far as possible and slowly return to the starting position. Ensure that your back does not move and your supporting leg is kept straight at all times.

Increase speed for more resistance.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ sets. Left/Right side.



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Stand in chest deep water. Bend one leg up and place the outside edge of that shin against the wall.

Bend the other leg until a stretch is felt in the back of the hip of the leg that is against the wall. Lean forwards with a straight spine to increase the stretch. Hold for \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Left/Right side.



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Lie on your back holding the hand rail and resting your head on the side of the pool/hand rail. Use a pelvic floatation device if additional support is needed.

Cycle with both legs in as large a motion as possible.

Cycle for \_\_\_\_\_ seconds, \_\_\_\_\_ sets.



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Stand in chest deep water in a lunge position. Drop down as far as possible.

Push your hip forwards and down keeping your back straight. You should feel the stretch in the front of the hip and thigh of the straight leg. Hold for \_\_\_\_\_ seconds and relax.

For extra support place the heel of the back foot against a wall.

Repeat \_\_\_\_\_ times. Left/Right side.



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Stand in chest deep water facing the pool side with flotation devices around your ankles. Hold the hand rail or pool side with one hand to help maintain balance. You can place the other hand on the side of the hip to be stretched.

Allow one leg to rise out to the side with toes facing forwards. Press the same side hip down towards the pool bottom to increase the stretch. Hold for \_\_\_\_\_ seconds. Slowly return to the starting position.

Repeat \_\_\_\_\_ times. Left/Right side.

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Stand in chest deep water holding the hand rail or pool side to help maintain balance.

Lift your knee and at the same time bring the elbow of the same side towards the knee. Round your lower back as much as possible.

A flotation device can be used to improve leg movement and provide a stretch.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ sets. Left/Right side.

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Stand in chest deep water. Place a swimming board under one foot.

Slowly raise your knee forwards towards the surface bending your hip as far as possible without losing control of the board under your foot. Allow your knee to bend. Hold for 5 seconds and slowly push down and return the board to the starting position.

Contract the buttock muscles of the supporting hip/leg at all times and keep your knee straight.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ sets. Left/Right side.

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