

Hip Exercises Level 1 v2

Hip Exercises Level 1

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

- Author ID: GE
- Leaflet ref: Tpy 016
- Version: 2
- Leaflet title: Hip Exercises Level 1
- Date Produced: December 2023
- Expiry Date: December 2025

Disclaimer

Not all exercises are suitable for everyone and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference, they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.

Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner, you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Contact Information

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Hip Level 1 – Exercises 1 to 10



1.

Lying on

Pull your
other leg

Hold app

Repeat 1

Sets 3



1.

Lying wi

Turn the
fall outw
floor dur

Hold for

Repeat 1

Sets 3



1.

Place the stretched

Tighten y
fully stra
front leg

Keep yo
needed.

Hold for

Repeat 1

Sets 2



1. Hip A

Stand tall with f

Squat down with
until you can fee

Hold for 5 secon

Repeat 10 times

Sets 2



1. Chair

Stand tall with your weight distributed evenly on both feet.

Make sure the chair is stable.

Bend your knees and sit down. Your feet should be planted firmly on the floor.

Sit down lightly on the chair. Your weight should be on your front thighs and buttocks.

Repeat 10 times.

Sets 3



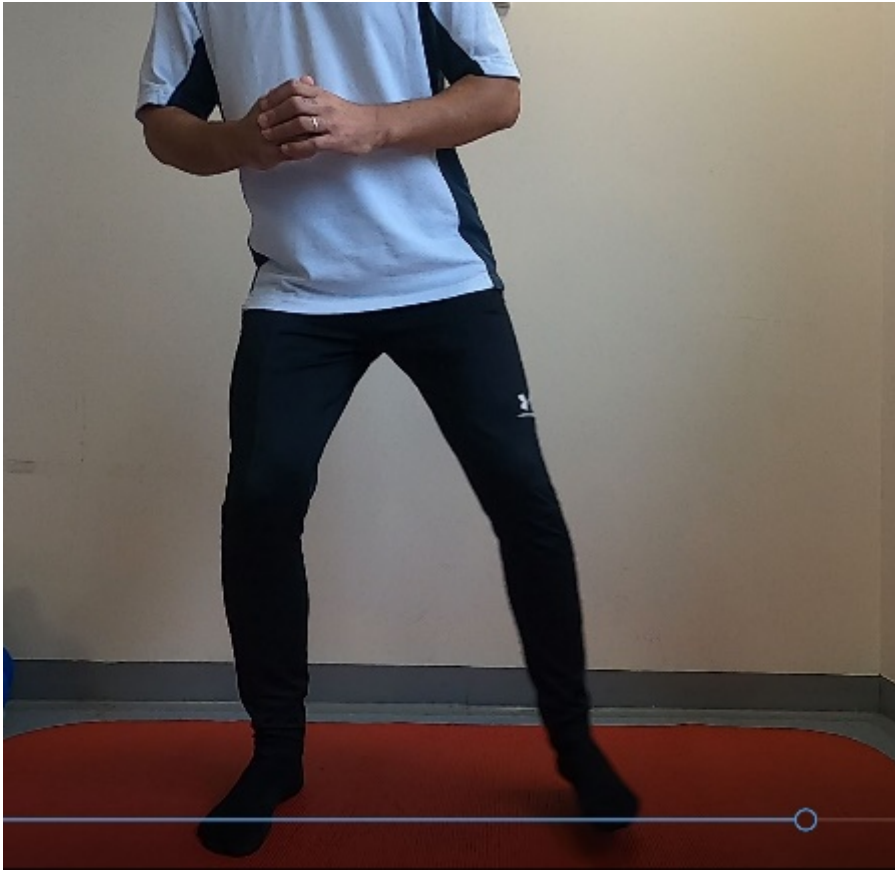
1. Single

Balance on one

Remember to st
pointing forward

Hold for as long

Repeat 5 times e



1. S

Stand tall, t
to the side t

Repeat 10 t

Sets 3



1. H

Lie on your back. This exercise can also be done with your feet on a chair, doing so.

Activate your core muscles by straightening your legs.

Return to the starting position.

Repeat 10 times.

Sets 3



1. S

Lie on your

Tighten your
to the starti

Repeat 10 t

Sets 3



1. S

Lie on your

Lift the upp

Return to th

Repeat 10 t

Sets 3



Version number: **2**
Last modified date: **13th June 2026**

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