Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Hip Exercises Level 1

Version number: **2**
Last modified date: **12th November 2026**

Hip Exercises Level 1

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

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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 disc omfort eases within 2 hours of finishing the exercise and doesn't have an overall negative e ffect on your symptoms.

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

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

Leigh Health Centre

Telephone: 0300 707 1597

wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre

Telephone: 0300 707 1772

wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House

Telephone: 0300 707 1113

Wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital

Telephone: 01257 256305

Wwl-tr.therapyadmin@nhs.net

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 you
needed.

Hold for

Repeat 1

Sets 2



1. Hip A

Stand tall with f

Squat down wit
until you can fe

Hold for 5 secon

Repeat 10 times

Sets 2



1. Chair

Stand tall with y
distributed even

Make sure the c

Bend your knee
toes should be p

Sit down lightly
front thighs and

Repeat 10 times

Sets 3



1. Single

Balance on one

Remember to st
pointing forwar

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
also be don
doing so.

Activate yo
straightenin

Return to th

Repeat 10 t

Sets 3



1. S

Lie on your

Tighten you
to the starti

Repeat 10 t

Sets 3



1. S

Lie on your

Lift the upp

Return to th

Repeat 10 t

Sets 3



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