



**Wrightington, Wigan and  
Leigh Teaching Hospitals**  
NHS Foundation Trust

# Hip Exercises Level 2 v2

# Hip Exercises Level 2

## 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 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 2 - Exercises 1 to 6



1. S

Lie on your  
hovering ab

Activate yo  
straightenin

Return to th

An alternati  
the top lift  
using only t

Repeat 10 t

Sets 3



1. C

Stand tall w  
distributed

Make sure t

Bend your k  
toes should

Slowly low  
push back u  
fully.

Repeat 10 t

Sets 3



1. S

Stand sidew

Step up and

Try and con

Repeat 10 t

Then perfor

Sets 3



## 1. Crab

Stand tall, with  
under the knee  
position).

Take a hip-wide  
approximately 1

In this position,  
position, keeping  
come together o

Also ensure yo  
and keep your b

Repeat 10 times

Sets 3



1. Forward

Stand tall with

Take one long s  
touches the floo  
is fully straight

Stand back up p  
to the starting p

Note: Keep hip

Alternate betwe

Repeat 10 time

Sets 3



## 1. Clock

Stand straight.  
standing leg is

Take the lifted  
back to the mid  
leg) and back to  
to the middle.

The lifted leg s  
weight; all wei

Reach as far as

Alternate legs.

Repeat 5 times



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