Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Hip Exercises Level 2

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

# 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

**Leigh Health Centre**
Telephone: 0300 707 1597
Email: wwl-tr.leighphysio@nhs.net

**Platt Bridge Health Centre**
Telephone: 0300 707 1772
Email: wwl-tr.mskphysio-bostonhouse@nhs.net

**Wigan Health Centre, Boston House**
Telephone: 0300 707 1113
Email: wwl-tr.mskphysio-bostonhouse@nhs.net

**Therapy Department- Wrightington Hospital**
Telephone: 01257 256305
Email: wwl-tr.therapyadmin@nhs.net

# 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 1
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 cor

Repeat 10 t

Then perfor

Sets 3



1. Crab

Stand tall, with
under the knee
position).

Take a hip-widt
approximately

In this position,
position, keepin
come together

Also ensure you
and keep your b

Repeat 10 times

Sets 3



1. Forw

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. Cloc

Stand straight.
standing leg is

Take the lifted
back to the mi
leg) and back t
to the middle.

The lifted leg s
weight; all wei

Reach as far as

Alternate legs.

Repeat 5 times



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