Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Hip Exercises - Level 3

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

Hip Exercises - Level 3

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 t hese 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 3 – Exercises 1 to 6

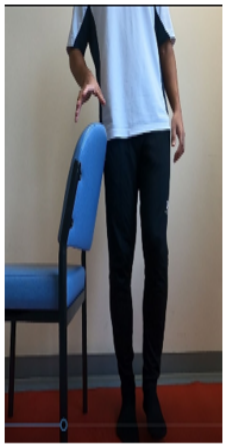


1. Single-leg Chair Squat

Stand tall on one leg in front of a sturdy chair.

Squat down by moving hips backwards and down. Maintain neutral/flat position in your spine. Foot stays flat on the floor and knee aligned with the toes.

Sit down gently then push back up into standing on the one leg again.
Repeat 10 times.
Sets 3



2. Single-leg Standing with eyes closed

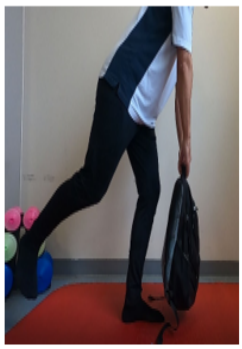
Balance on one leg while keeping your eyes closed.

Have a chair or other sturdy furniture next to you in case you lose your balance.

Remember to stand tall, with weight evenly on your foot and toes pointing forwards.

Try and hold the position as long as you can, up to 20 seconds maximum

Repeat 5 times on each leg



3. Single-leg Deadlift

Stand tall holding a weight with both hands. The weight could be a household object like a bag, that you can fill or empty to increase or decrease the weight.

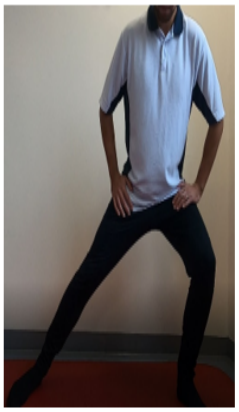
Lift one leg up. Keep the knee of the standing leg slightly bent and bend forward from your hip. At the same time straighten your other leg backwards and lower the weight towards the floor.

Keep your back flat throughout the movement.

Use your hamstrings and buttock muscles to return to single-leg standing.

Note: Keep trunk active and maintain the neutral position of your spine throughout the exercise.

Repeat 10 times.
Sets 3



4. Side Lunge

Stand straight. Take a long step sideways and squat down. Push back to the starting position.

Repeat to the opposite side.

Note:
Keep hips, knees and toes aligned. Keep your back straight

Repeat 10 times each leg.
Sets 3



5. Jump Squat

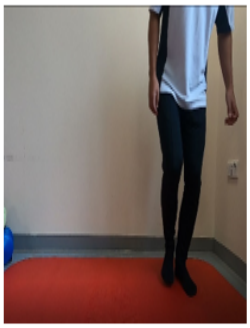
Stand tall with feet slightly wider than hip-width apart. Toes pointing forward.

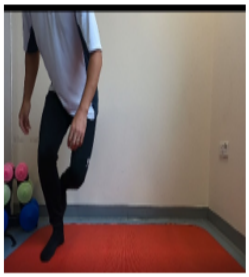
Keep your chest up and your spine and neck in a neutral position.

Squat down by sitting back and bring your arms forward.

Push back up through the heels fast and into a small jump, land with soft knees and instantly continue into the next squat.

Repeat 10 times.
Sets 3





6. Lateral Jumps

Stand tall and jump to the side and land on one leg.

Land on bent hip and knee and make sure that the hip and knee are in line with the toes.

Continue jumping sideways back and forth.

Repeat 10 times.
Sets 3



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