



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

Hip Exercises Level 3 v2

Hip Exercises Level 3

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

Exercises

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

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager

Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust

Royal Albert Edward Infirmary

Wigan Lane

Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?

3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. Corp 006 How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover. This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Call 111 first when it's less urgent than 999.

Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk



Version number: **1.0**
Last modified date: **03rd July 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust