

# 'GET STRONG' HIP EXERCISES

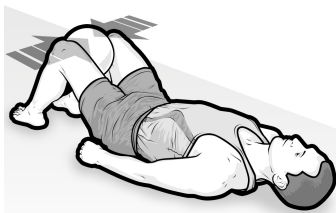


## BRIDGE: PILLOW BETWEEN KNEES

Lie on your back with your arms by your side, knees bent and feet flat on the floor. Place a cushion between your knees and squeeze your bottom muscles until as you lift your bottom into the air. Squeeze the cushion throughout the exercise. Lower and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily

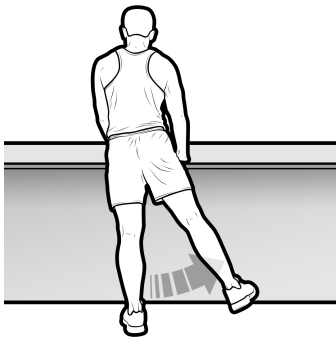


## STATIC ADDUCTOR STRENGTHENING

Lie on your back with your legs bent and a cushion between your knees. Squeeze your knees together and hold for 5-6 seconds.

SETS & REPS: 5-6 x twice

FREQUENCY: Daily

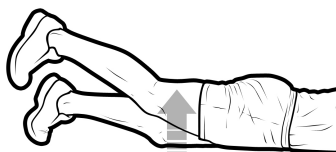


## STANDING HIP ABDUCTION

Standing at a bench, with your knee straight, lift your affected leg out to the side. Ensure you keep your knee and foot pointing forwards. Hold for 2-3 seconds then slowly lower and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily



## LYING HIP EXTENSION

Lying face-down, contract your bottom muscles and slowly raise your leg off the floor with your knee straight. Slowly lower and repeat. Ensure keep your hips pushing into the ground throughout

SETS & REPS: 6-12 x twice

FREQUENCY: Daily



## WALKING

Walk for 20 minutes per day. Listen to your body and do not push into high levels of pain

SETS & REPS: 20 mins

FREQUENCY: Daily