HIP MOBILITY AND STRENTHENING

Created by Barnstaple Alliance Primary Care Network Mar 20th, 2025
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COMMENTS

This exercise programme is to help loosen a stiff hip and help strength the hip muscles.

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.

You should work within pain tolerance.

It is normal to experience pain during rehab, but this should be kept to within three to four out of 10 on a pain scale.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.

It is normal to feel pain during rehab. However, it is important to know that this is not harmful.

Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.



HIP EXTENSION - STANDING

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Video # XVUF9JEQE

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HIP FLEXION - STANDING - SLR

While standing next to a chair or counter top for support, lift one leg forward and off the group with a straight knee.
Return to starting position and repeat.

Video # XV5YNTHRT

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HIP ABDUCTION - STANDING

While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat.

Use your arms for balance support if needed for balance and safety.

Video # XV78ZDJJQ

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



STANDING MARCHING - HIP FLEXION

While standing next to a chair or countertop for support, march in place by lifting your knee up as you allow it to bend and then perform on the other side. Repeat this alternating movement.

Video # XV6GBBC7M

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.

Video # XVB55QK6Q

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day





HIP INTERNAL ROTATION STRETCH - SEATED

Start by sitting on a chair with your legs spread apart and feet planted on the ground. Next, use your hand to draw your knee inward as shown.

Video # XV7FEGYFG

Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day



HIP ABDUCTION - BILATERAL- SEATED CLAM SHELLS

Start by sitting close to the edge of a chair with knees bent and both feet on the floor. Next, move your knees out to the side as shown and then return to straight ahead. Maintain contact of your feet on the floor the entire time.

Video # XV8JXRC4Z

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



GLUTEAL SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Video # XVNF6W67U

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



STEP UP AND STEP DOWN - IPSILATERAL (SAME SIDE)

Start by standing in front of a step/step stool with both feet on the floor.

Step forward and up the step with your target leg and use that leg to lift your body weight up onto the step with the other leg.

Once both feet are on the step, step back down backward with the other leg first so that your target leg does the work to lower your body back down to the ground. Then return the target leg to the floor next to your other leg.

You may need something to hold on to for balance support.

Video # XVVMQALB8

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day