

**Exercise plan:**  
**New onset of hip pain- MODERATE**

**Patient:**  
**CHCP WEBSITE EXERCISES**

**Date:**  
**02nd Aug 2023**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

### Sit to Stand - No Hands



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If this is difficult or painful, try from a taller surface (for example, a tall chair, a tall bed edge, even a sturdy desk could be used)

- 1) If needed, shuffle to the chair edge. Now, position your feet hip width, and the knees too (by opening the legs from the hips).
- 2) Lean forwards, and push through your legs to standing. Try not to let your knees bow inwards as you stand.
- 3) Sit back down, controlled and steady. Reaching back for the chair with your bottom. Again try not to let your knees bow inwards.

This exercise will strengthen your legs and core. It is good for back pain, hip pain and knee pain, as well as for general fitness because it uses a lot of muscles.

**Repetitions: 20 to 30 as able | Rest: 30 second rest half way if needed. | Days per week: 4 to 7**

Video: [https://youtu.be/2rVOvOU\\_vmE](https://youtu.be/2rVOvOU_vmE)

### Supine Bridge Basic



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- 1) Lie flat on your back (on the floor or the bed), with your knees bent as shown.
- 2) Lift your bottom and hips upwards, at the top squeeze your bottom. (You can keep your arms by your side and use them to help you balance, or cross your arms on your chest if you have good balance. )
- 3) Hold briefly at the top, then lower then hips back to the floor/bed. Relax and repeat

This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles. It can help back pain, hip pain and knee pain.

**Repetitions: 20 to 30 as able | Rest: 30 second rest half way if needed. | Days per week: 4 to 7**

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)

## Hip Abduction Gluteus Medius Standing

- 1) Stand up next to a table, wall or kitchen counter and hold for balance.
- 2) Take your leg slowly out to the side, and then back to neutral. Repeat as required.

Tips: As you do this, don't tilt your body. Keep your trunk straight. You don't need to kick high, the aim is not how high the leg reaches. The movement should be controlled, you should be tensing the muscles in the side of the hip to lift. You want to be tiring out those hip/buttock muscles.

This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

**Repetitions: 12 to 24, as able. | Rest: 30 second rest half way if needed. | Days per week: 4 to 7**

Video: <http://youtu.be/znJenEMJaZk>



## Hip Extension Standing

- 1) Stand up next to a table, wall or kitchen counter and hold for balance.
- 2) Take your leg slowly out to the side, and then back to neutral. Repeat as required.

Tips: As you do this, don't tilt your body forwards. You don't need to kick high, the aim is not how high the leg reaches. The movement should be controlled, you should be tensing the muscles in the bottom. You want to be tiring out those buttock muscles.

This exercise predominantly strengthens your gluteal (buttock) muscles, but also mobilises a stiff hip joint.

**Repetitions: 12 to 24, as able | Rest: 30 second rest half way if needed. | Days per week: 4 to 7**

Video: <http://youtu.be/SWvnWGd0yQQ>

