

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

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.

### Hip Abduction Gluteus Medius Side-Lying



- 1) Lie on your side on the floor or on the bed.
- 2) Steadily lift your top leg upwards, ~1 to 2 foot from the ground. You can hold this position briefly.
- 3) Steadily lower the leg back down. Rest and repeat

This exercise strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint. You can make it harder by pulsing the leg at the top, or by adding an ankle weight or resistance band.

**Repetitions: 12 to 24, as able | Rest: 30 second rest halfway if needed | Days per week: 3 to 5**

© rehabmypatient.com

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

### Single Leg Squat on Box



- 1) Stand sideways on a step. (Hold a surface for balance if needed)
- 2) Slowly squat down on the leg on the step, so your 'dangling' foot is just off the floor, or taps down.
- 3) Then push back to standing straight using the leg on the step.

Tips: Try to keep the knee in line with the foot, do not let your knee drift much inwards or outwards. Bend at the knee and hip, so that you stick your bottom out also as you squat/lower. This will reduce strain on the knee and target the hip muscles more so.

You can progress by holding weights in your hands as you do this.

**Repetitions: 20 to 30 as able | Rest: 30 second rest halfway if needed | Days per week: 3 to 5**

Video: <http://youtu.be/89vspUUr4CQ>



## Goblet Dumbbell Squat

- 1) Stand with feet slightly wider than hips.
- 2) Lower the bottom downwards, bending at the hip and knees into a squat.
- 3) Go as low as feels comfortable. (If you are worried about balancing perform this with a chair behind you at first)
- 4) Push through your legs back to standing.

You can perform this squat with your arms out or across your chest. But it is most effective if you can hold a weighted item near your body (like a gym ball/Kettlebell or heavy rucksack). Your legs are strong, don't be shy about increasing the weight used if there is no pain.

**Repetitions: 20 to 30 as able | Rest: 30 second rest halfway if needed | Days per week: 3 to 5**

Video: [https://youtu.be/oDyk2\\_rMR-Q](https://youtu.be/oDyk2_rMR-Q)