

Exercise plan:
GTPS exercises - EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
15th Jan 2024

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 Straight Leg Supine



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Lie down flat on your back on the floor or a bed. Slide your hip out to the side of your body as far as feels comfortable. Hold this stretch, then slide your hip back to the midline. This exercise will improve mobility to your hip joint.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <https://youtu.be/hZoBB4-NCd8>

Supine Bridge Basic



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Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: http://youtu.be/fK_xUE3OKIE

Sit to Stand - No Hands



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Sit upright with good posture. Place your arms across your chest. Gently lean forwards and use as much leg and core strength as you can to push yourself up. If you get stuck, use one or both arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, ideally with your arms across your chest. However, if you need some guidance then use your arms to assist the sitting. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core.

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: https://youtu.be/2rVOvOU_vmE