

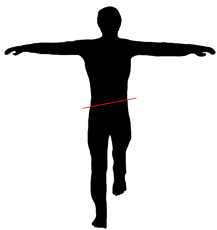
Hip Strength

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

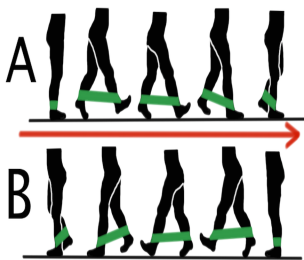
To check the suitability of the exercises contact us at SSI.

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

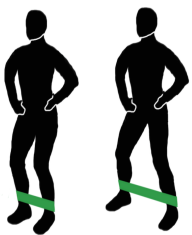
Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



- 1) - Standing on one leg with the knee slightly bent, lift the other leg off the floor.
 - Ensure the hip of the lifted leg is slightly higher than the hip of the standing leg.
 - Ensure you have a light squeeze of the abdomen by drawing the belly button in to the spine. Hold this squeeze for the duration of the exercise.
 - Hold this position Maintaining control at all times. If needed return the other leg to the floor to regain balance.
 - You can increase the difficulty by moving your arms or closing your eyes.
 - Hold this position for 3 x 30 – 45 seconds.



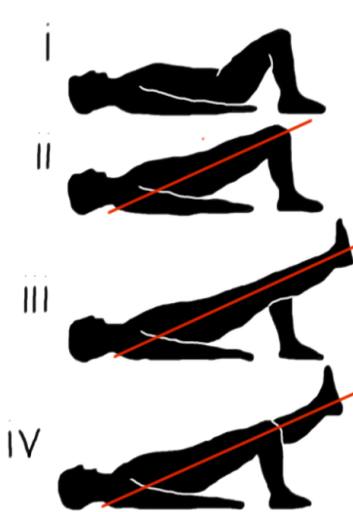
- 2) - Start with your feet hip width apart, toes facing forwards (12 o'clock) and band around the ankles.
 - Step forwards with the right leg, allowing the left heel to lift and contact the floor with the right heel as you move forwards.
 - Follow the movement through with the left leg, stepping the left leg forwards, lifting the right heel and landing on the left heel as you step through.
 - Throughout the movement keep the feet at a hip width a part distance – do not allow the feet to step close together.
 - A forward step with the right leg then the left leg counts as 2 reps.
 - Perform 10 steps moving forwards (A) then 10 steps moving backwards (B), continuing to keep the feet at a hip width a part distance.
 - To make the exercise easier place the band around the knees instead of the ankles.
 - To make the exercise harder turn the feet in slightly (toe in position)
 - Complete 3-4 x 40 steps (A,B,A,B)



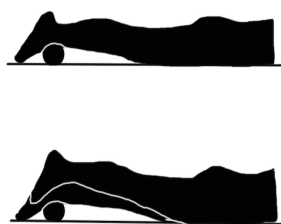
- 3) - Start with your feet hip width apart, toes facing forwards (12 o'clock) and band around the ankles.
 - Step to the side into a wide stance then slowly step the other leg across to a hip width distance again. This counts as 1 rep.
 - Make sure you step at a slow steady pace keeping an upright torso at all times.
 - Perform 10 steps in one direction then 10 in the other and repeat.
 - Complete a total of 3-4 x 40 steps.

Hip Strength

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- 4) - Start on your back with the knees bent to 90°, ensuring the knees are in line with hips and ankles in line with knees.
- Keep the low back flat by pulling the belly button into the spine and producing a squeeze through the core (i).
 - Maintaining the squeeze through the core slowly lift the hips high (ii).
 - For level 1 pause here for a brief second then slowly return. This is one rep.
 - For level 2 achieve position ii then slowly straighten one knee, aligning the ankle, knee and hip (iii), pause for a brief second then return to ii and repeat with the other leg (iv). Ensure the core is squeezing at all times and the back remains flat. On completing iv slowly return the leg and return to position i. This counts as 2 reps.
 - For level 3 repeat the steps for level 2. This time on completing position iv return to position ii (not position i) and repeat steps ii, iii, iv and so on.
 - Complete 3 x 12-16 reps



- 5) - Lie on your front with both legs straight.
- Squeeze the belly button in towards the spine to create a pull through the abs and to control the low back.
 - Before moving the limb tense the buttock of the working leg only, keeping the other buttock relaxed.
 - Keeping the abs engaged slowly lift the injured leg behind you, keeping it straight at all times. Your range of motion should be limited in this direction.
 - Do not allow the low back to arch or the hips to twist at any point. You must keep the front of both hips in contact with the ground at all times.
 - Pause at the end of your maximum range then slowly return. This is one rep.
 - Perform 3 x 20 reps.