

Comprehensive Guide to Physiotherapy Exercises

Hip Strengthening Exercises



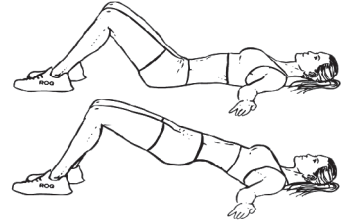
(*Exercises recommended and approved
by Qualified Physiotherapist)

Comprehensive Guide to Physiotherapy Exercises

Hip Strengthening Exercises

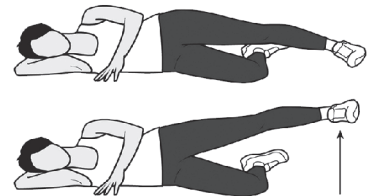
BRIDGING

- Lie on your back with your knees bent and feet flat on the floor.
- Lift your hips towards the ceiling, squeezing your glutes.
- Hold for a few seconds, then slowly lower back down.
- Perform _____ sets of _____ repetitions _____ times/day
 - A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



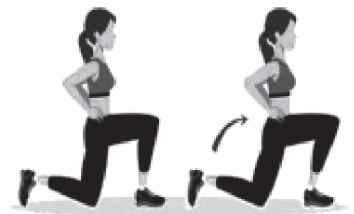
HIP ABDUCTION

- Lie on your side with your legs straight.
- Lift your top leg up towards the ceiling, keeping it straight.
- Hold for a few seconds, then lower it back down.
- Repeat with the other leg.
- Perform _____ sets of _____ repetitions _____ times/day
 - A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



HIP FLEXOR STRETCH

- Kneel on one knee with the other foot in front, forming a 90-degree angle.
- Push your hips forward to stretch the hip flexor of the back leg.
- Hold the stretch for 20-30 seconds, then switch legs.
- Perform _____ sets of _____ repetitions _____ times/day
 - A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



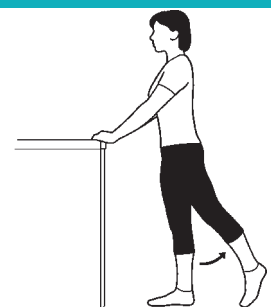
SEATED HIP MARCHING

- Sit on a chair with your feet flat on the ground.
- Lift one knee up towards your chest, then lower it back down.
- Alternate legs.
- Perform _____ sets of _____ repetitions _____ times/day
 - A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



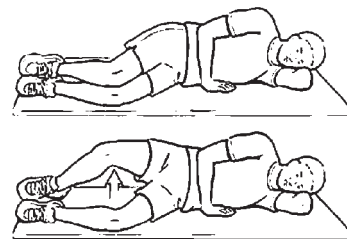
STANDING HIP EXTENSION

- Stand with your feet shoulder-width apart.
- Lift one leg straight back without bending your knee.
- Hold for a few seconds, then return to the starting position.
- Perform _____ sets of _____ repetitions _____ times/day
 - A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



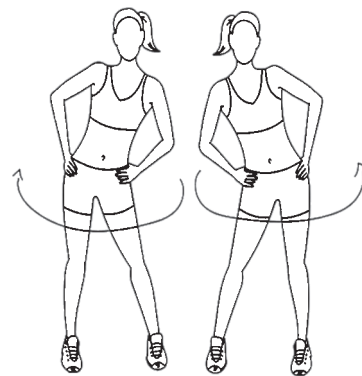
CLAMSHELLS

- Lie on your side with your knees bent and feet together.
- Lift your top knee while keeping your feet together, then lower it back down.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



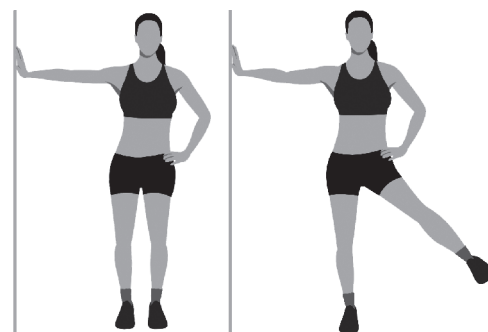
HIP CIRCLES

- Stand with your feet shoulder-width apart and hands on your hips.
- Make small circles with your hips in one direction, then reverse.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



STANDING HIP ABDUCTION

- Stand with your feet shoulder-width apart and hold onto a support for balance.
- Lift one leg to the side, keeping it straight.
- Hold for a few seconds, then lower it back down.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



(Reps - Repetition)

References:

- Arthritis Foundation. (n.d.). Knee Osteoarthritis Exercises.
- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/knee-osteoarthritis-exercises>
- (<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/knee-osteoarthritis-exercises>)
- <https://orthoinfo.aaos.org/en/recovery/knee-conditioning-program/>
- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/your-exercise-solution/lower-body-movements/knee-movements>
- American Academy of Orthopaedic Surgeons (AAOS): Back Exercises
- Johns Hopkins Medicine: Exercise for Osteoarthritis
- American Academy of Orthopaedic Surgeons (AAOS): [Shoulder Exercises]

