

Hip rehabilitation exercises

From 6 weeks

[Video](#)



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Stand.

Practice bending towards your toes.
Build the distance up gradually over a few weeks.

Repeat 10 times.

[Video](#)



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Lying on your back.

Bend your leg and bring your knee towards your chest.
Start taking it beyond 90 degrees.

Repeat 10 times.

[Video](#)



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Stand.

March in place lifting your knees as high as you can.

Repeat 10 times.



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Practise getting from sitting to standing from a standard size chair.

Try and keep your weight equal. Use your hands if needed.

Repeat 10 times.

[Video](#)



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Practice going up and down the stairs.
Use rails as required.

Going up: start leading with your operated leg.

Going down: start leading with your non-operated leg.