

**Hip rehabilitation exercises**  
**From 3 weeks**

Video



Lying on your back with knees bent and feet on the bed.

Lift your pelvis and lower back off the bed, feeling it working in your bottom muscles. Hold the position. Lower down slowly returning to starting position.

Repeat   10   times.

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Video



Stand straight. Hold onto supportive surface.

Practice balancing on your operated leg. Hold for as long as you feel able.

Repeat   3   -   5   times.

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Video



Practice stepping up onto your bottom stair, leading with your operated leg. Use arm support.

Repeat   10   times.

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Side step, hold onto supportive surface e.g. kitchen worktop.

Repeat   5   times to each side.

Repeat 3 times.

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Standing

Bring you knee up in front of you to bend your hip, do not take past 90 degrees (hip precautions)

Repeat   10   times

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