

JOHN LANT & PARTNERS

OSTEOPATHS

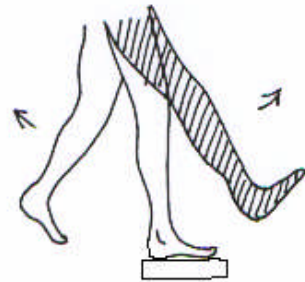
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Advice Sheets AS13: Exercises For The Hips

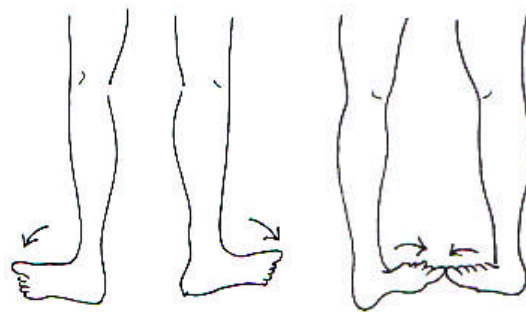
1. Whilst standing with one leg on a telephone directory gently swing the other leg. Continue for 5 minutes maximum or until you tire.



2. Rest comfortably flat on your back. Bring one knee to your abdomen and hold for a few seconds. Repeat using your other leg. Repeat 5 times for each leg.



3. Turn your feet gently out and in as shown in diagrams on right. Repeat 5 times for each leg.



4. Rest flat on your back and then bring your left leg outwards as shown below and then inwards to cross one leg over the other. Repeat 5 times for each leg.

