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Advice Sheet AS15: Exercises for the Hip(s) - 'Do Not Strain'

This group of exercises is designed to put the hip joint through its full range of movement and at the same time strengthen the associated muscles.

Starting Position: lie on back

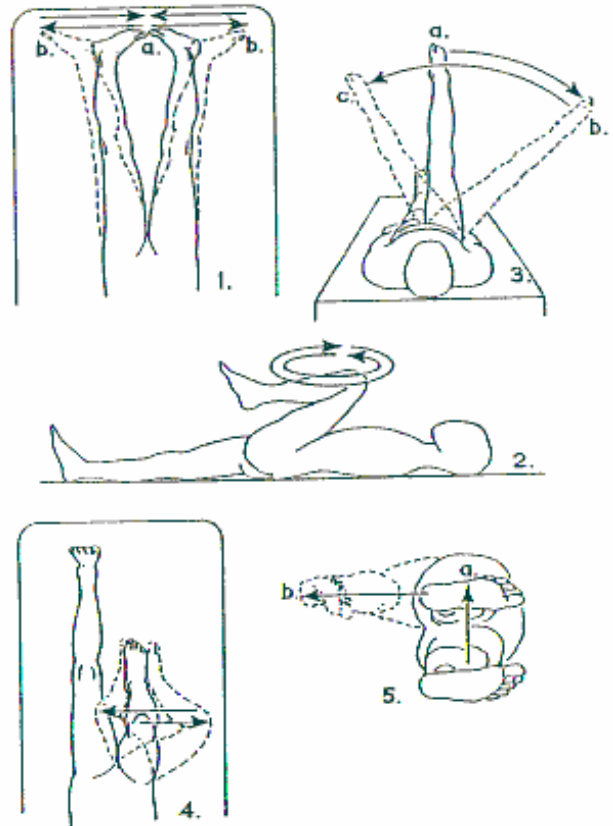
1. Brace your knees straight with the feet slightly apart and rotate your hips by turning the toes inwards (Fig. 1a) and outwards (Fig. 1b).
2. Bend one knee to the chest and carry out circular movements clockwise and anti-clockwise (Fig. 2).

3. Raise your leg with knee straight, up, out, across and down to the starting position (Fig. 3a, b, c).
If you find exercises 2 and 3 too difficult, leave them out and do 4 instead.

4. Lift up your knees as high as you can, with your heel remaining on the bed. Allow the leg to fall first outwards, then inwards (Fig. 4).

Starting position: Lying on the side of the good hip

5. Raise the affected leg sideways with the knee straight, then move the whole leg backwards (Fig.



5a, b).