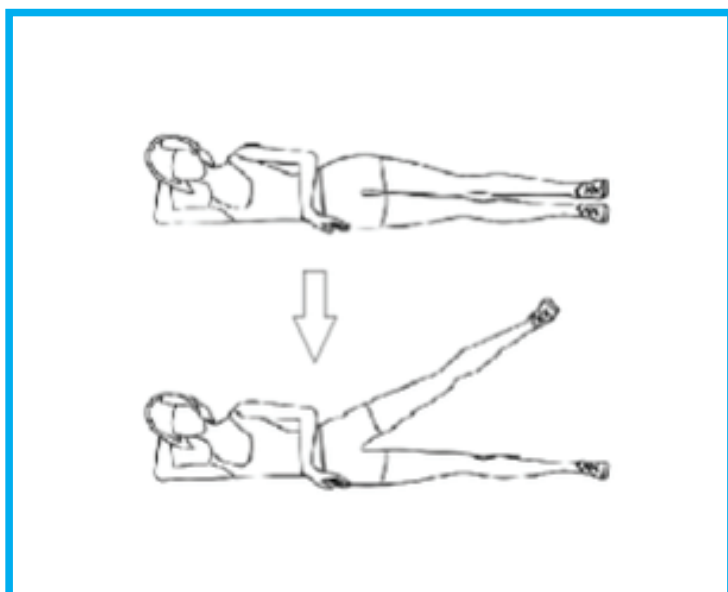


Lateral Hip Pain

LH1

Do these exercises __1__x day

Do these exercises on both sides / affected side

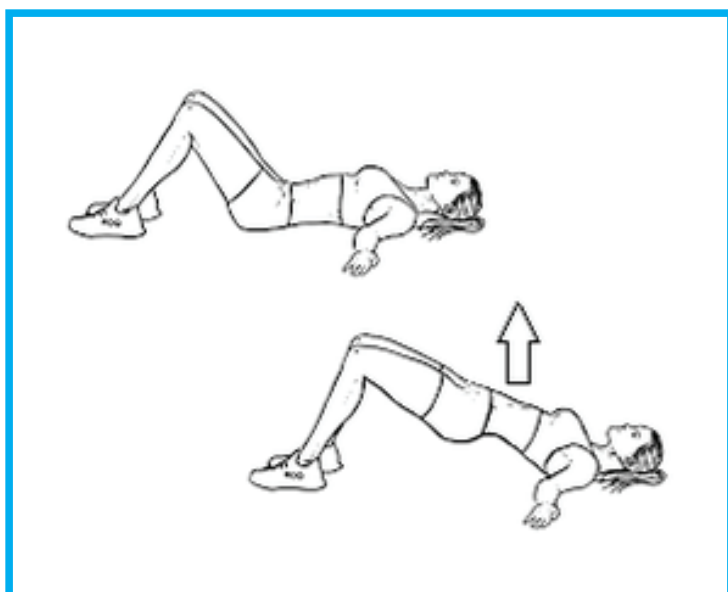


1. Side lying leg lift:

- Lying on your side – Painful hip on the top.
(Avoid rolling on to your back)
- Place a pillow between your knees
- Slowly lift your Right leg up in to the air – As far as comfortable
- Hold in the air – 5 secs then slowly lower.

Hold: 5 secs

Repeat: 8 reps - 3 sets.

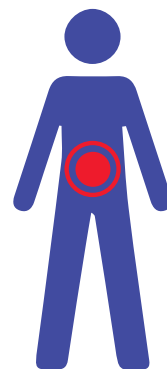


2. Bridging:

- Lying on your back, bend both knees up so feet are flat.
- Hands by your sides or out to the side
- Squeeze your bum cheeks together then slowly lift your bum in to the air
- Hold for 5 secs and then slowly lower.

Hold: 5 secs

Repeat: 10 reps – 3 sets

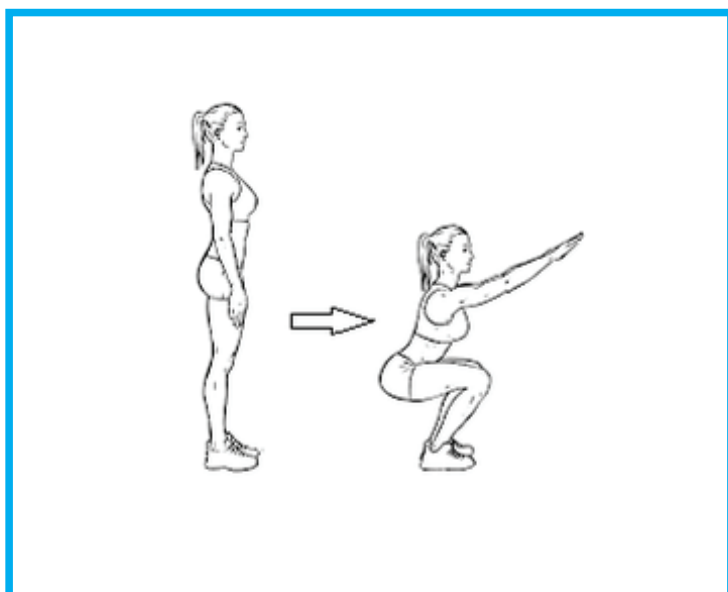


Lateral Hip Pain

LH1

Do these exercises __1__x day

Do these exercises on both sides / affected side

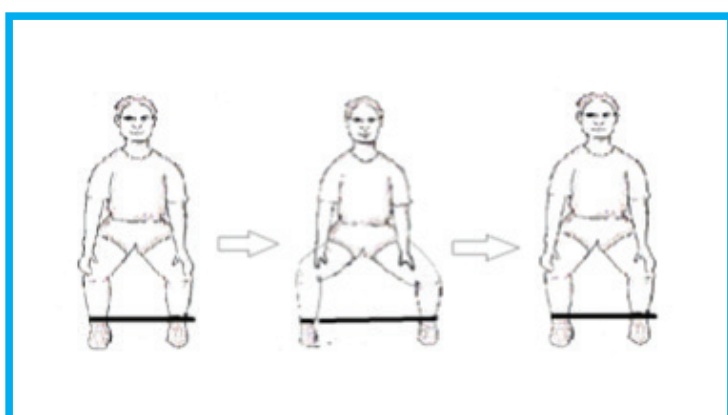


3. Squats

- Finger tips placed on a steady surface if required.
- Feet shoulder width apart
- Slowly stick your bum out then bent your knees (As if sitting on a chair).
- Lower down as far as comfortable Only, then slowly back up.

Hold: 2 secs

Repeat: 12x – 3 sets



4. Side Crab walks:

- Elastic band placed around feet or ankles
- Slightly bend trunk forward and stick buttocks out,
- Slightly bend your knees so you are in a squat position.
- Slowly walk sideways – don't let your feet come closer than shoulder width apart.

Repeat: 8 reps – 4 sets

**Please continue exercises as advised above –
 If you experience discomfort or fatigue prior to mentioned repetitions,
 then stop at this point. Gradually increase repetitions as able.**