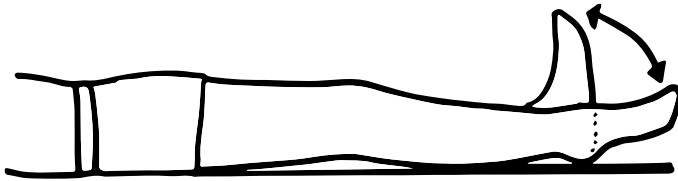


Hip Strengthening Exercises

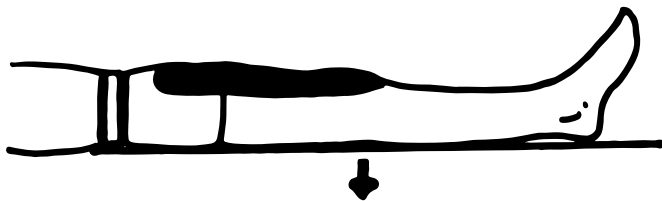
Repeat the exercises below 3 times each day.

The highlighted area shows where you will feel the muscles working.

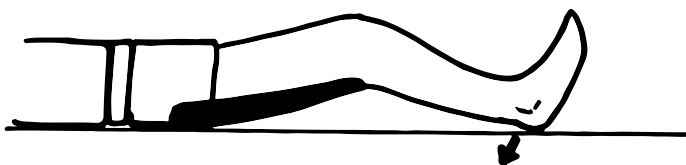
While lying down:



- Relax your legs. Gently point your toes towards the ceiling.
- Then gently point your toes towards the bottom of the bed.
- Do this exercise 10 times every hour while you are awake.



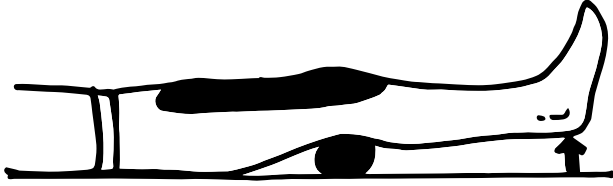
- Straighten your leg by tightening the muscles on the front of your thigh and pushing the back of your knee into the bed.
- Hold for 5 seconds.
- Relax and repeat 10 times.



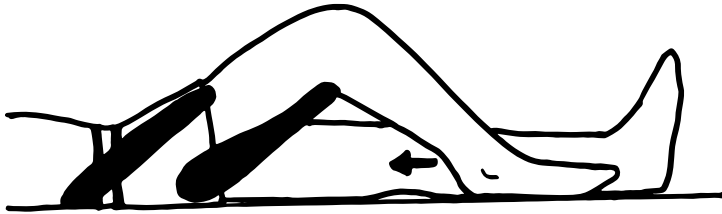
- Let your knee bend a little.
- Push your heel into the bed by tightening the muscles on the back of your thigh.
- Hold for 5 seconds.
- Relax and repeat 10 times.



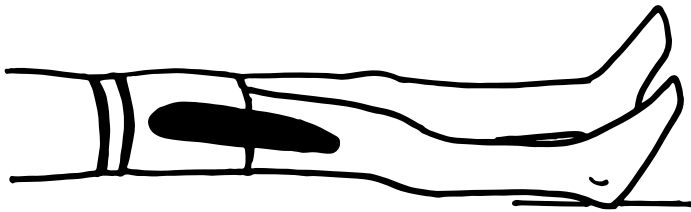
- Squeeze your buttocks (bum) together.
- Hold for 5 seconds.
- Relax and repeat 10 times.



- Wrap a large can in a towel. Put it under your knee.
- Lift your foot off the bed by straightening your leg.
- **Do not lift your knee off the can.**
- Hold for 5 seconds.
- Relax and repeat 10 times.

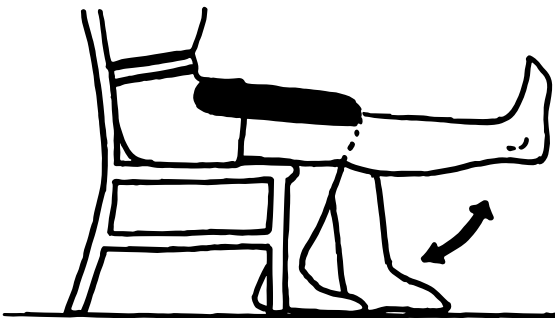


- Slide your heel towards your buttocks.
- Keep your heel and buttocks on the bed.
- Hold for 5 seconds.
- Relax and repeat 10 times.



- Slide your leg out to the side.
- Keep your toes pointed at the ceiling.
- Hold for 5 seconds.
- Bring your leg back toward your other leg.
- Relax and repeat 10 times.

While seated:



- Straighten your leg as far as possible.
- Hold for 5 seconds.
- Then bring your heel as far back under the chair as possible.
- Hold for 5 seconds.
- Relax and repeat 10 times.

*Prepared by: Physiotherapy
Designed by: Nova Scotia Health Library Services*

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.