

Help with this leaflet:



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We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

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Addenbrooke's Hospital Outpatient Physiotherapy

Patient Information

Hip strengthening exercises

Document history

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Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
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These exercises are designed to help you improve the control as well as the strength of your gluteal (buttock) muscles.

- It is important to keep a straight back to work these muscles effectively and to protect your spine. This can be done by contracting the deep lower abdominal muscles while performing each of the exercises.
- Your physiotherapist will be able to advise you on this, as well as which exercises are suitable for you.

Flexor exercises

1. When standing, hold on to a support if needed, draw your leg up, so your hip is bent to 90 degrees and your knee is bent to 90 degrees.

Hold this position for ____ seconds.
Repeat ____ times.



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Gluteus Medius exercises

1. Stand facing 90° to the wall. Bend the leg closest to the wall, push the outside of the knee into the wall activating the buttock muscles on the straight leg. **Do not** lean on wall.

Hold this position for ____ seconds.
Repeat ____ times.



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Pain relief

To help us optimise your treatment, it is important that you have adequate pain relief. If you are suffering high levels of pain, please seek advice from your pharmacist or GP.

Further advice

Please be aware that this handout is to be used as a guide. If you find these exercises painful, please seek advice from your physiotherapist or GP.

Contacts

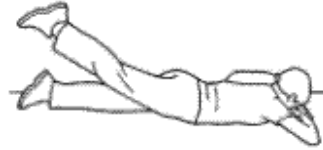
Please contact our reception on 01223 216633 to leave a message for your physiotherapist, or to enquire about appointments.

This information has been compiled by the Physiotherapy team at Addenbrooke's Hospital. You may receive this information during an appointment with a physiotherapist, from your GP or via our website at www.cuh.org.uk/outpatient-physio

Gluteus maximus exercises

1. Lie on your stomach with your legs straight. Draw in your lower abdominals and tighten your buttock muscles. Lift one leg with the knee straight **just** off the floor.

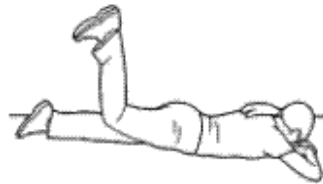
Hold this position for ___ seconds.
Repeat ___ times. (Use a pillow if necessary under the pelvis.)



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2. Lie on your stomach with one knee bent. Draw in your lower abdominals and tighten your buttock muscles. Lift the bent leg **just** off the floor.

Hold this position for ___ seconds.
Repeat ___ times. (Use a pillow if necessary under the pelvis.)



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Bridging exercises

1. Lie on your back with your knees bent and feet flat. Draw in your lower abdominals to prepare for the exercise. Squeeze your buttocks together and lift your bottom off the floor.

Hold this position for ___ seconds.
Repeat ___ times.



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2. Lie on your back with your knees bent and feet flat. Draw in your lower abdominals to prepare for the exercise. Squeeze your buttocks together and lift your bottom off the floor. Then straighten one leg shifting the weight over to the other leg whilst keeping the thighs level. Do not let the back or pelvis twist.

Hold this position for ___ seconds.
Repeat ___ times.

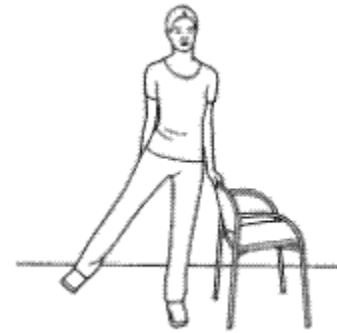


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2. When standing, hold on to a support if needed, draw your leg out to the side without twisting your pelvis or bending your back.

Hold this position for ___ seconds.
Repeat ___ times.

Progress by looping a resistance band around your legs.



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3. Lie on your side with your knees bent and pelvis square. Draw in your lower abdominals to prepare for the exercise. Keep your heels together and lift the top knee up off the other one (squeezing your heels together), **only** turning the hip out as far as you can without letting your back or pelvis twist.

Hold this position for ___ seconds.
Repeat ___ times (Use a pillow under the feet if necessary).

4. Lie on your side with your bottom knee bent, top leg straight and pelvis square. Draw in your lower abdominals to prepare for the exercise. Lift the straight leg keeping the toes pointing forwards. **Only** lift the leg as far as you can without letting your back or pelvis twist.

Hold this position for ___ seconds.
Repeat ___ times.



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