

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.

10 reps / 3 sets / 5 second hold

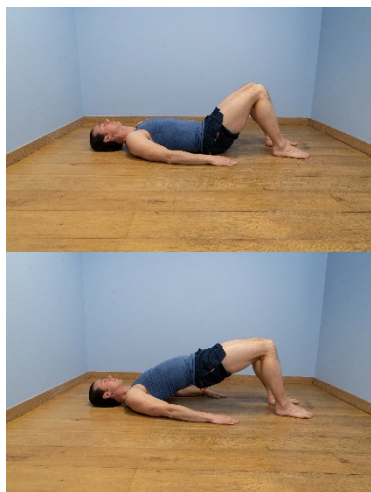


1. Isometric hip abduction against wall

- Stand side-on and slightly away from a wall with the affected side closest to the wall.
- Bend the knee of the leg closest to the wall and press it against the wall - keep the knees in line.
- Hold this position at around 70% effort – you should feel this working around the top, outer region of the buttock.



10 reps / 3 sets / 1-minute rest



2. Bridge in lying

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.



10 reps / 3 sets / 10 second hold



3. Straight leg raise

- Lay flat on your back or sit supported upright with the targeted leg out straight and the resting leg bent.
- Squeeze the muscles at the front of your thigh to push the knee straight.
- Maintain a straight knee whilst raising the whole leg up towards the ceiling.
- Hold at the top for 5 seconds and then slowly lower the leg back down and gently release the pressure.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.