

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 3/10 whilst completing this exercise programme.

10 reps / 2-3 sets / 1 minute rest



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 for 5 seconds – you should feel this working around the top, outer region of the buttock.



10 reps / 2-3 sets / 1 minute rest



2. Piriformis stretch in sitting

- Start in sitting on a kitchen chair (not too soft)
- Bring the right foot onto the top of the left knee
- Now gently apply some downward pressure to the left knee
- Once you have done this, slowly lean forwards until you feel a stretch in the bum muscle on the left side and hold for 10 seconds.
- Repeat on the other leg



Up to 1 minute / 2- 3 sets / 1 minute rest



3. Single leg balance – knee bent

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor – maintain a slight bend in the standing knee.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle – use the object/wall to prevent yourself falling.
- To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.

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.