

Adolescent Hip Dysplasia

Intermediate Programme

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.



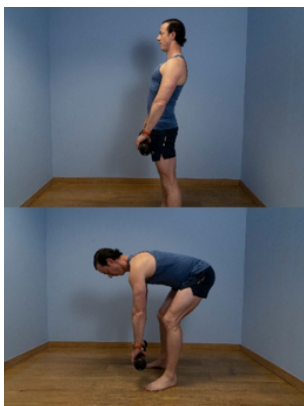
1. Hip bridge with hip abduction

- On a comfortable surface, lay flat on your back with your knees bent and feet flat on the floor – have the feet narrow and focus on keeping the knees hip-width apart throughout the movement.
- Raise your hips up towards the ceiling by pushing through your heels and squeezing your buttock muscles.
- Once your hips form a straight line with the shoulders and knees, hold for 10 seconds before slowly lowering your hips back down.
- **Perform this exercise up to 10 times.**
- **Repeat routine 3 times.**



2. Sit to stand

- Sit in a stable chair that is at a convenient height for you to rise from.
- Shuffle forward in the chair so that your feet are directly under your knees and with toes turned out to comfort.
- In a controlled manner, initiate a standing motion by shifting your weight forward and pushing down through your feet.
- As you rise, transition to standing upright by pushing your hips forward.
- Then, slowly lower yourself back down towards the chair by pushing your hips backwards and controlling the movement using your thigh muscles.
- Gently touch your buttocks on the chair before repeating.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**



3. Deadlift

- Stand upright with feet hip-width apart, a slight knee bend and a weight held in both hands.
- Engage the abdominal region and in a controlled manner, bend forward at the hips trying to keep your back straight. Do not let your knees bend further. Let your hips press out backwards.
- Go down as far as you feel comfortable or until your back starts to round.
- Come back up to standing and repeat.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**