

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Therapy Services

Hip exercises

If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:
<https://www.youtube.com/watch?v=uUvKvPbG8Kc>

Lying down:

- Start with both feet together and your legs flat on the bed.
- Gently slide your affected leg out to the side.
- Return to the starting position.
- Repeat 10-12 times or as comfort allows.

Standing up:

- In standing, hold onto the back of a chair or worktop for support.
- Start with your legs together and feet on the floor
- Lift your affected leg up in front of you – hold for 3-5 seconds.
- Return to start position.
- Repeat 10-12 times or as comfort allows.

In the same starting position:

- Lift your affected leg out to the side – hold for 3-5 seconds.
- Return to the start position.
- Repeat 10-12 times or as comfort allows.

In the same starting position:

- Lift your affected leg off the floor and take it backwards behind you, keeping your knee straight – hold for 3-5 seconds.
- Return to start position.
- Repeat 10-12 times or as comfort allows.

Start off slow and steady with the exercises, you can always gradually increase the amount you do and how regularly you do them.

Always allow pain to be your guide. It is acceptable and normal for the exercises to cause some mild discomfort, but this should settle down soon after you have completed the exercises.