



Lying on your back with knees bent, engage through your abdominal core lightly.

Squeeze your buttocks together and push your heels into the ground and lift your bottom off the floor. Return to starting position.

Repeat   10   times. 2 sets.

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Lying on your side supporting yourself on your elbow. Roll top hip slightly forward, use top arm to support yourself in front. Squeeze your bottom muscles to get them activated.

Keeping top leg straight lift it up towards the ceiling. Make sure the leg stays in line with your body and toes point forwards.

Repeat   10   times 2 sets

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Lying face down.

Bend one knee and hold on to the ankle. Pull your heel slowly towards your buttock until you feel the stretch on the front of your thigh. Hold approx. 20 secs. - relax.

Repeat   3   times.

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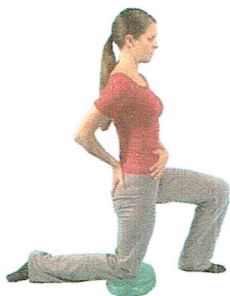


Lying with your knees bent and feet on the floor hip width apart.

Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise. Hold for 30 secs

Repeat   3   times.

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Half kneeling.

Tighten your stomach muscles and tuck your bottom under. Tighten the buttock muscles and straighten your hip.

If you want to increase the stretch lean forward keeping your pelvis and back straight.

Hold   30   seconds.

Repeat   2   times.

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## Personal exercise program

### Hip arthroscopy

Heartlands Physiotherapy Clinic Ltd  
Heartlands Physiotherapy Clinic Ltd

Provided by Claire Todd  
Provided for  
Training start date 08/05/2016

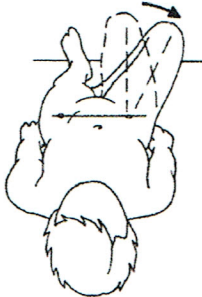
Lying on your back.



Bend your leg and bring your knee towards your chest until you feel light resistance, don't force it into pain.

Repeat 10 times. 2 sets

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**START POSITION:** Lie on the back with one leg bent and the heel beside the straight knee. The back should be flat and the pelvis should be level without any twist.

**ACTION:** Hollow the abdominals to keep the back flat and slowly let the bent knee lower out to the side. Do not let the pelvis twist or rotate at all. **ONLY** move the leg as far as the flat back and level pelvis allow. Slowly return to the start position maintaining control of the pelvis during the return.

Repeat 10 times. 2 sets L R (adpt Sahrman PhD, PT)

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Lie on your side with your knees bent.

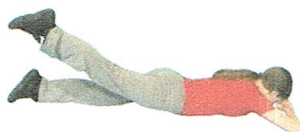


Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise.

Repeat 10 times 2 sets

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Lying face down. Engage gently through your tummy muscles to keep your back flat.



Really squeeze through your bottom (put a hand on your bottom to make sure you can feel the squeeze)

Lift your leg towards the ceiling keeping your knee straight. Only lift 10 cm and hold for count of 5.

Repeat 10 times 2 sets

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