

Hip exercises

Hip arthritis



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Standing hip abduction



Hold a chair. Lift the leg out to the side, keeping the body upright.

15 times**Daily each side****✓ Should feel**

The side of the hip working

X Should not feel

Leaning over

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Monday to Saturday · Sunday by prior appointment only

2

Standing hip extension



Hold a chair. Take the leg backwards, keeping it straight.

15 times

Daily each side

✓ **Should feel**

The buttock working

✗ **Should not feel**

Arching the back



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3

Hip flexor stretch



Kneel on the painful side and press the hip forward gently.

Hold 20 seconds

3 times

✓ Should feel

A stretch at the front of the hip

✗ Should not feel

Groin pinching



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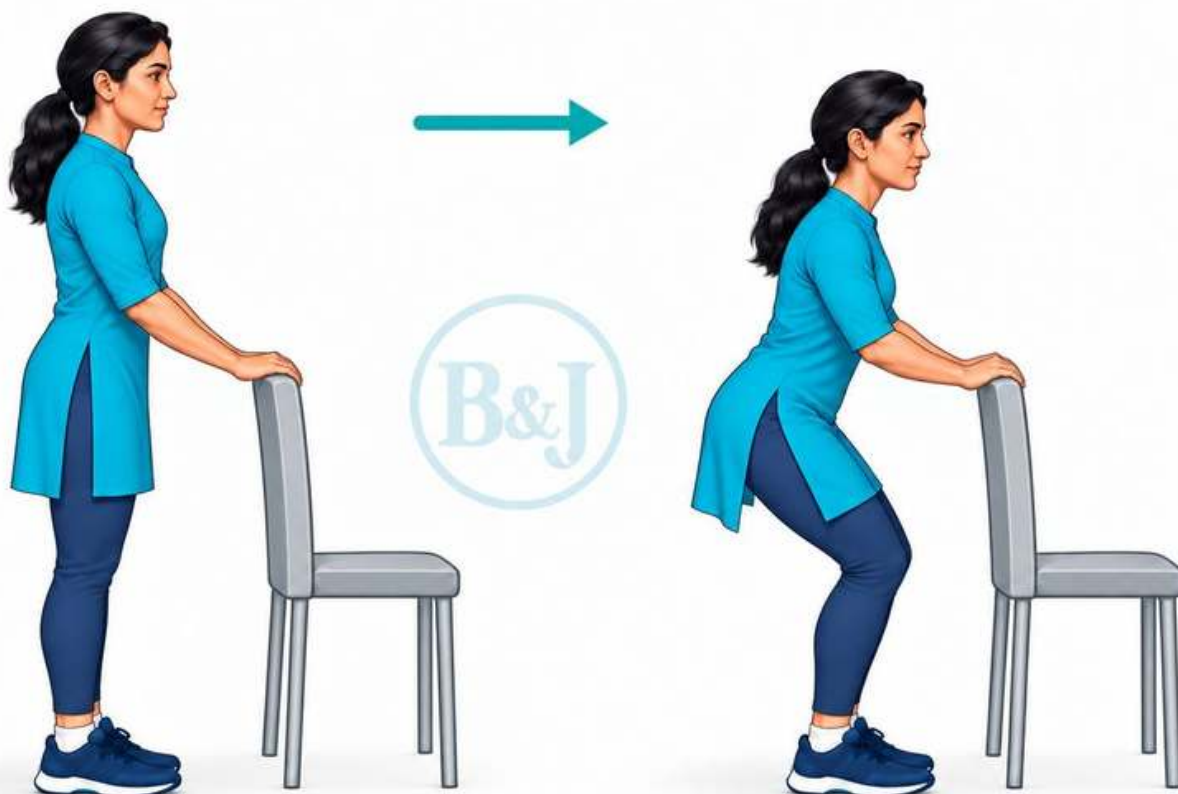
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4

Mini squat



Hold a support. Bend the knees a little way, then straighten.

10 times

Daily

✓ **Should feel**

The thighs working

✗ **Should not feel**

Deep groin pain



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Walk daily, building distance slowly.

20–30 minutes

Most days

✓ **Should feel**

Easier walking

✗ **Should not feel**

Limping heavily — use a stick

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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