

Lateral hip exercises

Pain on the side of the hip



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 and sitting positions



Stand evenly on both feet — do not hang on one hip. Sit with the knees apart, not crossed.

All day

Every day

✓ **Should feel**

Less pressure on the side of the hip

✗ **Should not feel**

Standing on one leg



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Sunday by prior appointment only

2

Side-lying hip lift



Lie on the UNAFFECTED side with a pillow between the knees. Lift the top leg.

15 times

Daily

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Lying on the painful side



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3

Clamshell



Knees bent, lift the top knee keeping the hips still.

15 times

Daily

✓ **Should feel**

The buttock working

✗ **Should not feel**

Rolling backwards



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4

Standing hip abduction



Lift the leg out to the side, body upright.

15 times

Daily

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Leaning

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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