

BREAKSPEARE Personal Exercise Programme

CLINICS

Helping Hip Pain

Breakspeare Clinic- Milton-Under-Wychwood

Breakspeare Clinic- Cheltenham

Breakspeare Clinic- Didcot

Provided by Scott Phillips

Provided for

Training start date 12/08/2024



Bridge with Arms Crossed

Start by lying on your back with your legs bent and feet flat on the floor. Cross your arms over your chest.



Lift your buttocks off the floor and straighten your hips. Return to the starting position.

Hold for 10 seconds x 6 repetitions, x3 sets. Complete this exercise once a day.

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Hip Abduction in Standing

Stand tall and take support if needed.

Lift your leg sideways and bring it back, keeping your trunk straight throughout the exercise.

Complete 10 repetitions, x3 sets. Complete this exercise once a day.

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Hip Extension in Standing

Stand tall holding onto a chair.

Squeeze your buttocks and bring one leg back, keeping your knee straight.

Complete 10 repetitions, x3 sets. Complete this exercises once a day.

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Mini-Squat with Support

Stand and take support if needed.

Squat down and at the same time move your pelvis slightly backwards. Straighten your hips and return to the starting position.

Complete 10 repetitions, x 3 sets. Complete this exercise everyday.

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Resisted Hip Extension.

Stand with a rubber exercise band around your ankle.

Pull the band by bringing your leg straight backwards.

Complete 10 repetitions, x3 sets.



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Hip Abduction with Exercise Band.

Stand with an exercise band firmly attached around one ankle and secured to the other side. Take support if needed.

Keep your pelvis still and use your buttock muscles to lift one leg out to the side (away from the midline). Return to the starting position in a controlled manner.

Complete 10 repetitions, x3 sets.



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Resisted Supine Cycling.

Start lying on your back with a mini band around both feet. Lift legs off the floor and bend hips and knees to 90 degrees. Keep lower back gently against the floor and relax arms by your sides.



Straighten one leg and simultaneously bring the other knee towards your chest. Return to the starting position and repeat the other way around.

Complete 10 repetitions, x3 sets.



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Stand in a wide walking position. Put both your hands on the knee in front of you and keep the other knee straight.

Push your hip forwards and down keeping your back straight. You should feel the stretch in the front of the hip and thigh of the straight leg. Hold approx. 20 secs. - relax.

Hold for 20 seconds x 3 repetitions on each leg, 2 sets.