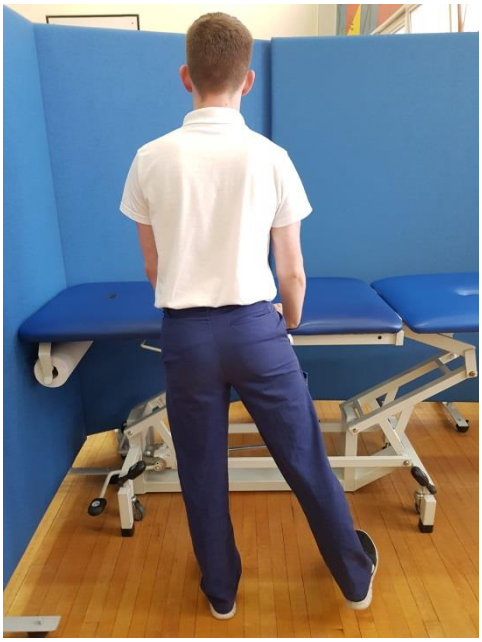
Calderdale and Huddersfield NHS
NHS Foundation Trust

Physiotherapy Home Exercise Hand-Out

Provided for:

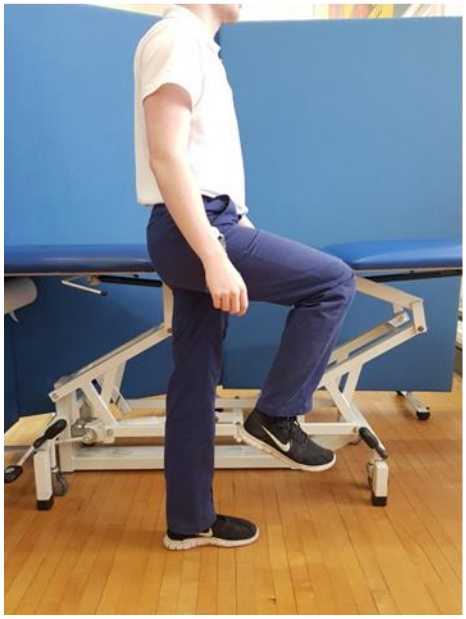
Exercise Picture	Description
	**Standing Hip Extension** 1. Holding on to a solid surface, clench buttock and lift one leg out to back, make sure you don't move the rest of your body – hips stay level and pointing forwards. **Repetitions: _____Sets:_____** **Hold:_____** **Daily/Weekly:_____**
	**Standing Hip Abduction** 1. Holding on to a solid surface, clench buttock and lift one leg out to the side, make sure you don't move the rest of your body. **Repetitions: _____Sets:_____** **Hold:_____** **Daily/Weekly:_____**

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Exercise Picture	Description



Standing Hip Flexion

1. Holding on to a solid surface, bend the hip upwards, bending the knee up as far as you are able.
2. Slowly lower back down.

Repetitions: _____Sets:_____
Hold:_____
Daily/Weekly:_____