



**1** Isometric Side Lying Hip Abduction

**2** Single Leg Standing

**3** Glute Bridge

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

## **1** Isometric Side Lying Hip Abduction



Lying on your unaffected side with pillows between your knees. Lift the affected side off the pillows 2-3 inches and hold this position.

Hold for 30 seconds (repeat 6-8 times), 1-2 times daily.

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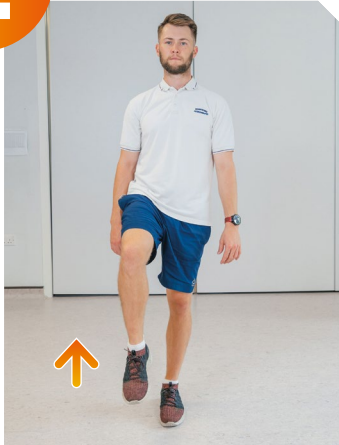


1 Isometric Side Lying Hip Abduction

2 Single Leg Standing

3 Glute Bridge

## 2 Single Leg Standing



Lift your unaffected leg off the ground. Maintain an upright posture ensuring your pelvis stays level throughout the exercise.

Hold for 45 seconds, (repeat 6-8 times), 1-2 times daily.

## 3 Glute Bridge



Lying on your back, with your knees bent to 45 degrees and feet flat to the floor. Squeeze your buttock muscles and lift your hips up.

Hold for 5-10 seconds (repeat 8-10 times), 2-3 times daily.