

Patient Exercise Sheet:  
**Weak and Painful  
Hip: GTPS STAGE 2**

Physiotherapy



**1 Side Lying Hip Adduction**

**2 Standing Isometric Hip Abduction**

**3 Forward Step Up**

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 Side Lying Hip Adduction



Lying on your unaffected side, with pillows between your knees. Lift the affected leg up as high as is comfortable and then slowly lower back down.

Hold for 1-2 seconds (repeat 8-12 times), 3 times daily.

CONTINUED OVERLEAF



1 Side Lying Hip Adduction

2 Standing Isometric Hip Abduction

3 Forward Step Up

## 2 Standing Isometric Hip Abduction



In standing, holding onto a chair or wall for support. Push your unaffected leg into the wall to start with. Aim to do this on both sides.

Push for 30 secs (repeat 6-8 times), 1-2 times daily.

## 3 Forward Step Up



Holding onto a bannister or wall for support. Step up with your affected leg. Slowly bring the good leg down to the floor and repeat.

Repeat 8-12 times (2-3 sets), 3 times daily.