

Patient Exercise Sheet:
**Weak and Painful
Hip: GTPS STAGE 3**

Physiotherapy



1 Single Leg Bridge

2 Banded Standing Hip Abduction

3 Single Leg Mini Squat

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 Single Leg Bridge



Lying on your back, with your knees bent to 45 degrees and feet flat to the floor. Lift the unaffected leg off the floor. Squeeze your buttock muscles and lift your hips up using your affected leg only.

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

CONTINUED OVERLEAF



1 **Single Leg Bridge**

2 **Banded Standing Hip Abduction**

3 **Single Leg Mini Squat**

2 **Banded Standing Hip Abduction**



Tie one end of band around a stable object and the other end around your ankle. Lift the affected leg out to the side as far as comfortable.

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

3 **Single Leg Mini Squat**



In standing, balance on your affected leg with your hands across your chest. Slowly bend you affected knee to perform a mini squat.

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