

Patient Exercise Sheet:
**Weak and Painful
Hip: GTPS STAGE 4**

Physiotherapy



1 Side Bridge

2 Single Leg Squat

3 Banded Side Lying Hip Abduction

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 Bridge



Lying on your affected side. Prop yourself up onto your elbow with your feet together in a straight line.

Hold for 30 seconds (8-10 repetitions) 2 times daily.

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1 Side Bridge

2 Single Leg Squat

3 Banded Side Lying Hip Abduction

2 Single Leg Squat



Stand on your affected leg with the other extended out straight in front of you. Slowly drop down into squat position. Use a chair to start with as a guide if this is too difficult.

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

3 Banded Side Lying Hip Abduction



Lying on your unaffected side with a band tied around both ankles and a wall behind you. Lift your affected leg up as high as comfortable whilst keeping your heel in contact with the wall throughout the entire exercise.

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