

# Exercises for your Hip

## Straight Leg Raises

Lie on your back. Keeping the knees straight, lift alternate legs six inches off the floor. Hold for a count of 5 and relax. Repeat this 20 times.



## Hip Abduction

Lie on your back. Keep your toes pointed toward the ceiling. Move your leg out to the side as far as possible. Slowly return to the starting position and relax. Repeat with alternate leg.



## Bridging

Lie on your back. Bend both knees up. Push feet and lift your back, hold for a count of 5 and then relax. Repeat as comfortable.



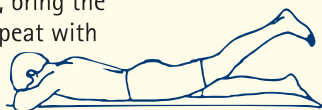
## Hip Adduction

Lie on your side with the painful hip up. Keep top leg straight and lift it up as high as possible. Hold for a count of 5 and then relax. Repeat as comfortable.



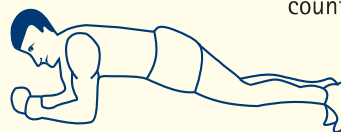
## Hip Extension

While lying on your stomach, lift your leg up by putting pressure on the thigh. Hold for a count of 5, bring the leg down and relax. Now repeat with alternate legs.



## Isometric Glutes

Lie on your stomach, squeeze or contract your buttocks. Hold for a count of 5 and relax. Repeat 10 times.



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