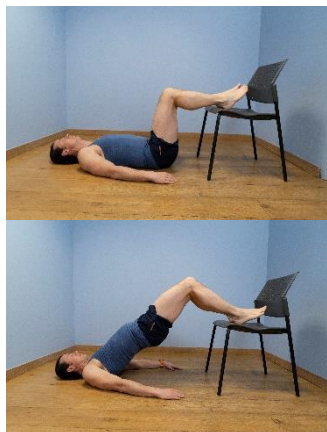


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Hip bridge with feet elevated

- On a comfortable surface, lay flat on your back with your knees bent and heels placed on a raised platform such as a box or a chair – have the feet and knees hip-width apart.
- Raise your hips up towards the ceiling by pushing digging in your heels and squeezing your buttock muscles.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.



15 reps / 2-3 sets / 1 minute rest



2. Isometric hip abduction against wall

- Stand side-on and slightly away from a wall with the affected side closest to the wall.
- Bend the knee of the leg closest to the wall and press it against the wall - keep the knees in line.
- Hold this position at around 70% effort – you should feel this working around the top, outer region of the buttock.



15 reps / 2- 3 sets / 1 minute rest

3. Sit to stand with pillow between the knees



- Sit in a stable chair that is at a convenient height for you to rise from.
- Shuffle forward in the chair so that your feet are directly under your knees and place a pillow between your knees.
- In a controlled manner, initiate a standing motion by shifting your weight forward and pushing down through your feet – hold a gentle pressure on the pillow throughout by pressing the knees inwards.
- As you rise, transition to standing upright by pushing your hips forward.
- Then, slowly lower yourself back down towards the chair by pushing your hips backwards and controlling the movement using your thigh muscles.
- Gently touch your buttocks on the chair's surface and repeat.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.