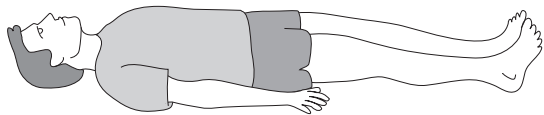


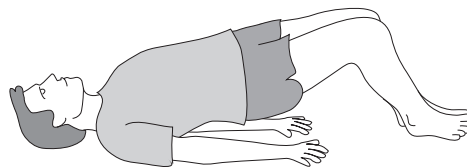
# Exercises to help your *hips*

Take a hot bath before performing these exercises. Initially, try the exercises twice a day with ten repetitions, but aim to increase this to twenty repetitions, two to four times a day.

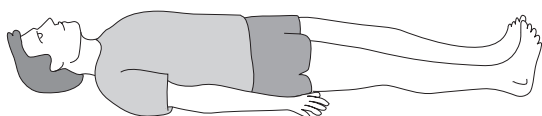
## *Lying flat on your back*



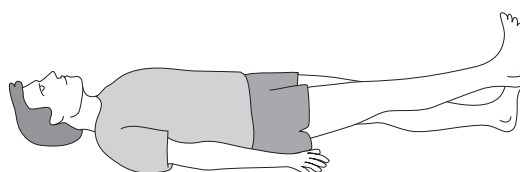
1. Tighten thigh and buttock muscles, pushing knees flat, hold for a count of five and relax.



2. Bend both knees up, push on feet and lift, hold for a count of five and relax.

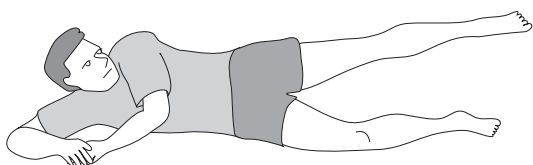


3. Push one leg along the floor as though you are trying to make it longer than the other. Hold for a count of five and then repeat with the other leg.

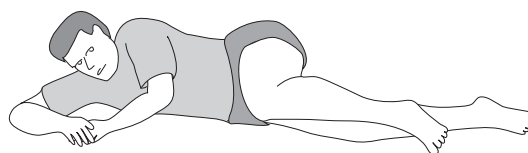


4. Keeping knees straight, lift alternate legs six inches off the floor, hold for a count of five then relax.

## *Lying on your side, with the painful hip up*

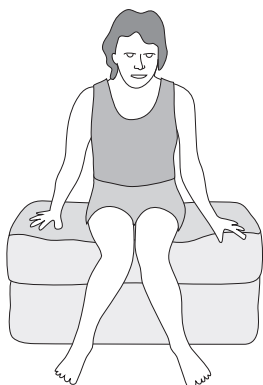


1. Keep top leg straight and lift it up as high as possible. Hold for a count of five, then relax.



2. Bend the hip and the knee of the top leg forwards, and hold for a count of five. Then straighten the leg and stretch backwards as far as it will go. Hold for count of five then relax.

## *Sitting*



1. Keep knees together and move feet apart. Hold for a count of five then relax.



2. Keep the ankles together and move the knees apart, then relax.