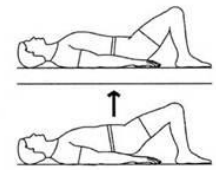


## Hip stability exercises

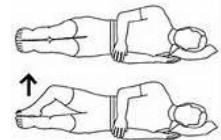
### 1. Bridging

- Lying on back with knees bent and feet on floor. Lift bottom slowly without it swaying. Progress to performing on one leg. Try to hold for 10 seconds



### 2. Leg lifts

- Lying on one side with the under leg bent and top leg straight, lift the top leg in the air keeping it straight
- Same as above but with knees bent and feet together
- Repeat 10 times for left and right leg



### 3. Kneeling

- Kneel with bottom raised and one knee raised
- Practise throwing and catching from the side that the knee is on the floor
- Ensure that the lifted foot is pointing directly forward and the lower leg behind is straight under the body
- Try to hold it for a min. of 30 seconds for each side



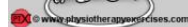
### 4. Sit to stand

- Sit to stand from chair without using hands. The lower the chair the harder. Try on one leg!
- Repeat 10 times



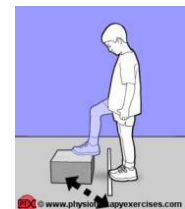
### 5. Crouch to stand

- Pick objects up off the floor



### 6. Step downs

- Stand on a step, with one foot gently touch the floor with toes
- Progress to touching the toe then the heel to the floor
- repeat 10 times for each leg

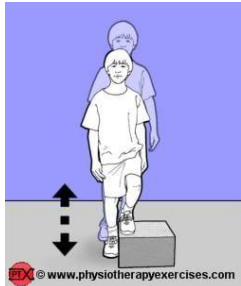


### 7. Step ups

- Stand at step and step and down leading with the same leg without turning round
- Repeat leading with the other leg
- See how many step ups you can do in one minute

## 8. Forward lunges

- Position yourself with one leg in front. Slowly bend your back knee toward the floor.
- Repeat 10 times for each leg



## 9. Side step ups

- Practice raising and lowering your body on one leg