

Side Hip Strengthening

Purpose

- This will help strengthen the hip bones and the muscles at the side of the hip. It will also help with everyday actions such as stepping sideways and over objects.

Position

- Stand at the back of the chair, holding on for support.
- Keep knees and feet hip width distance apart.
- Keeping soft knees throughout.

Action





- Ensure the spine is neutral and the tummy muscles are pulled in.
- Ensure the knee of the stabilising leg is soft.
- Keep the toe pointing forwards and lead the movement with the ankle not the toe.
- Keep the weight as 'centred' as possible by distributing it evenly between the support leg and the chair.



Sets Reps

Comments

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