

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self management of your symptoms does not replace the value of being assessed by a Health Professional.

1 Isometric supine hip abduction

Lie on your back with a pillow under your knees and a resistance band tied around your knees.

Push outwards against the band resistance, but don't move your legs.

Hold the position for the recommended time.

Repeat the exercise.

Perform 12-15 reps, 2-3 sets, 2-3 days a week, hold for about 5 seconds.



2 Glute bridge

Lie on your back with your knees bent.

Contract your abdominal muscles.

Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.

Slowly return to the initial position and repeat.

Perform 8-10 reps, for 2-3 sets, 2-3 days a week.



3 Sit to stand



Sit on a chair that has been placed against a wall to prevent slipping.

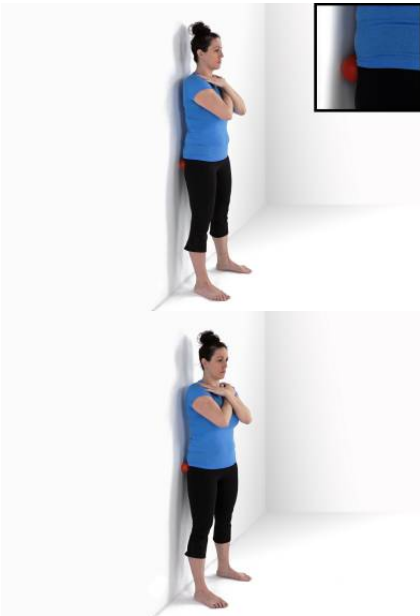
With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.

Slowly return to sitting.

Perform 8-10 reps, for 2-3 sets, 2-3 days a week.



4 Glutes release



Stand up with your back to the wall and position a lacrosse ball under your glutes""slightly to the side of your hip.

With the ball pinned against the wall, begin moving around the ball by bending your knees or by rotating your body side to side. Continue to work the entire glutes.

1-2 minutes per side, 2-3 days a week.