Bedale Osteopaths Exercise Sheet 4

**Hip Strengthening and Mobility**

  

 **Hip Flex Hip Extension**

Take leg forwards, hold 2-3 Take leg backwards, hold 2-3 seconds. Repeat 10-20 times. seconds. Repeat 10-20 times.

  

 **Hip Abduction Tip Toes**

 Take leg out to the side, hold 2-3 Raise up onto tip toes, repeat 10-20 times.

 seconds. Repeat 10-20 times.

  

 **Quad Exercises Hamstring Strengthening**

Gently raise foot and hold for 2-3 seconds. Bring your heel up towards your bottom

 Repeat 10-20 times. hold for 2-3 seconds.

 Variations: turn foot slightly in and repeat. Repeat 10-20 times.

turn foot slightly out and repeat.

  

 **Quad Stretch Hamstring Stretch**

 Hold for 20-30 seconds. Hold for 20-30 seconds.

 2-3 times each side. 2-3 times each side (can use a small step).

These exercises should not be painful. If you are unsure of how to do them speak to your practitioner.

Tel: 01677 425858 www.bedaleosteopaths.co.uk info@bedaleosteopaths.co.uk