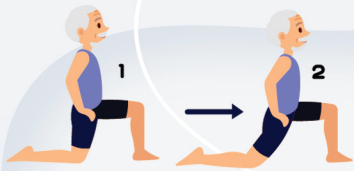




HIP STRENGTHENING EXERCISES FOR SENIORS



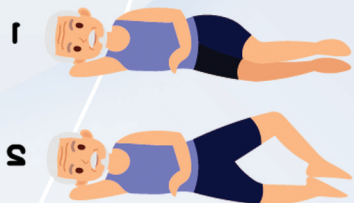
Kneeling hip floor flexor

1. Begin by kneeling on one knee, with one leg planted firmly in front.
2. Place both your hands on your front leg, just behind your knee.
3. Lean forward onto your front leg, pressing down on your hands.
4. Return to the starting position.



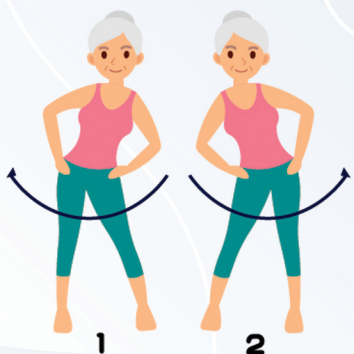
Bridges for Hip Strength

1. Lie on your back, with your legs slightly bent and your arms flat next to your sides.
2. Keep the small of your back flat on the floor.
3. Push down on your feet and push your hips towards the ceiling.
4. Only lift your hips as far as is comfortable, until you become more flexible.
5. Hold the flex at the top for a few seconds.
6. Control the motion carefully and bring your hips back to the ground.



Clamshell exercise

1. Lie on one side, with your legs bent and stacked on top of each other.
2. Your head should be cushioned on your arm.
3. You can use the other arm to support yourself, by placing your hand on the floor in front of you.
4. Lift the top knee, opening it towards the ceiling.
5. Lower your knee to the starting position.
6. Repeat the exercise on both sides.



Hip Circles

1. Stand firmly, with your feet parallel and about shoulder-width apart.
2. Put your hands on your hips, so that you can feel them moving.
3. Push your hips forward.
4. Keeping them pushed outwards, move them to the right, then to the back and to the left, then back to the front.
5. When you have completed one circle with your hips, rest for a few seconds.
6. When you have repeated the process a few times, change to the other direction.



HIP STRENGTHENING EXERCISES FOR SENIORS



Frankenstein Walk

1. Stand firmly, with your feet a little apart.
2. Hold out your arms straight in front of you, parallel to the ground.
3. If you are supporting yourself with a chair, only lift up one arm.
4. Lift one leg up towards your arms.
5. Only lift your leg as far as is comfortable. As you become more flexible, you can aim to touch your hand with your leg.
6. Replace your leg in the starting position.
7. Repeat with the other leg.



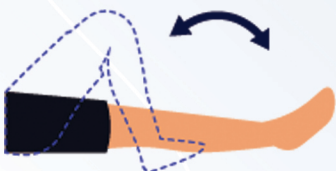
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Single Leg Romanian Dead Lifts

1. Begin by standing firmly with your feet about shoulder-width apart.
2. Adjust your weight slightly, so that you are standing on one leg.
3. Reach your arms out in front of you as you bend forward from the waist and lift your leg behind you.
4. If you are supporting yourself, you will only reach one arm forward.
5. Go back to the starting position.
6. Repeat the exercise on the other side.



Heel Slides

1. Sit so that your back is supported and your legs are extended out straight in front of you.
2. Flex your right foot, so that your heel is on the floor.
3. Slide your heel towards your hip.
4. Allow your leg to bend, but don't strain the leg at all.
5. Slide your foot away from your body again.
6. Repeat this on the right.



HIP STRENGTHENING EXERCISES FOR SENIORS



Marching

1. Begin by standing in a neutral position, with your legs about shoulder-width apart.
2. Hold onto the back of a chair, or support yourself against the wall.
3. Put your weight on your left leg as you lift your right knee up as far as is comfortable.
4. Do not lift your leg any higher than when your thigh is about 90 degrees to the ground.
5. Lower your right leg, so that you are standing firmly on both legs.
6. Repeat this action on the left.



Standing Hip Abduction

1. Stand in a neutral posture, with your feet a little apart.
2. Use a chair, counter or wall as a support to begin with.
3. Move your right leg to the side, so that your leg reaches about a 45 degree angle.
4. Move the leg back to the centre.
5. This can be repeated on the other side.



Seated Ankle Rotations

1. Begin with your leg in a neutral position – somewhere above the ground.
2. Flex your foot upwards.
3. Rotate it to one side, slowly completing a full circle with your foot.
4. Reverse the action, so that you rotate your foot in the other direction.
5. Relax the foot again.
6. Repeat the action with the other foot.

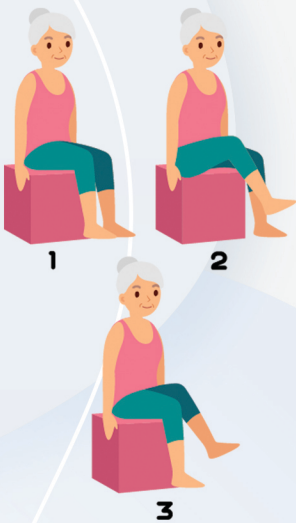


HIP STRENGTHENING EXERCISES FOR SENIORS

Knee to Chest



1. Lie down flat on your back, with your legs straight out in front of you.
2. Your back should be flat on the floor. If necessary, you can bend your legs slightly.
3. Bend one knee and bring it towards your chest.
4. Hug that leg, as it is bent, and pull it upwards and into your body as much as you can.
5. Let go of the leg and put it down, comfortably.
6. Repeat with the other leg.



Seated Knee Raises

1. Keep your feet firmly on the floor, about shoulder-width apart.
2. Shift your weight slightly onto one leg and raise the other knee.
3. Begin by lifting your knee just slightly off the ground.
4. You should aim to work towards lifting your knee as high as is comfortable.
5. Put the leg down again.
6. Repeat with the other leg.