

### Program 1

5 exercises. 3 times a week. For 8 weeks.

EXERCISE 1: Knee Extension

EXERCISE 2: Squat

EXERCISE 3: Standing Leg Slide

EXERCISE 4: Standing Knee Raises

EXERCISE 5: Bridge

**How many?** Do each exercise 10 times. Repeat 3 times (total 30).  
Rest for 2 minutes after each 10.

**How often?** Do the 5 exercises, 3 times each week.

**Week 1:** Do each exercise with no ankle weight.

**Week 2 - 8:** Tailor each exercise to your strength and ability.  
To get stronger each exercise should feel hard. Follow the instructions:



#### How to increase the exercise challenge

- ▶ Use the 'How hard am I working?' table to identify how challenging each exercise feels (on the next page).
- ▶ In Program 1 aim for each exercise to feel HARD.  
This should feel like 5-6 out of 10 (if 10 is as hard as it could possibly feel).  
You should feel like you're pushing yourself a bit.
- ▶ If an exercise feels easier, make it harder.  
Each exercise has instructions of how to increase the challenge.



#### When not to increase the exercise challenge

- If it's hard to perform with good technique.  
Good technique = slow and keeping your balance.
- You're already exercising HARD (an effort of 5-6 out of 10)
- You have increased hip pain and swelling lasting more than one day after the exercise.



*If you experience increased pain while exercising, visit the My Hip Strength page on the website and find the tab: 'Managing exercise pain'*

*Or, you can find it via the link here: <https://myhipexercise.org.au/my-hip-strength/#tab-a20ff72ea4c194a52ec>*



## How hard am I working?

Rate by number	How hard is it?	How you feel when you're...
0	Resting	sitting or simply standing
1	Very, very easy	
2	Easy	
3	Moderate	walking or exercising lightly
4	Somewhat hard	
5	Hard	pushing yourself a bit
6	Hard	
7	Very hard	challenging yourself
8	Very hard	
9	Very, very hard	
10	Maximum	working as hard as you possibly can

### Program 1 aim

Each exercise should feel HARD to do.

When an exercise feels easier, increase the challenge so it feels hard again.

Some exercises are harder than others. So, the challenge will increase for each exercise at different times.

To watch videos of each exercise, go to the website: [www.myhipexercise.org.au/program-1/](http://www.myhipexercise.org.au/program-1/)

## EXERCISE 1: Knee Extension



### Starting position:

Sit in a firm chair (one that is higher if possible).

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### The exercise:

Slowly lift your foot up and straighten the knee until it is fully straight.

Keep the back of your thigh on the chair.

Hold for 5 seconds and lower slowly.

*"Slowly up, hold, 2, 3, 4, 5, slowly down"*

### During the exercise:

Keep the back of your thigh on the chair.



### Increase the challenge:

Add an ankle weight or heavy shoe.  
Increase 1 kg at a time.

## EXERCISE 2: Squat



### Starting position:

Stand up tall with your legs shoulder-width apart. Turn your feet slightly outwards.

Stay safe: hold onto a sturdy table or chair for balance.

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### The exercise:

Bend at your hips and knees.

Lower yourself down slightly, as if you were going to sit on a chair.

Hold for 3 seconds.

Slowly straighten back up.

### During the exercise:

Keep your knees behind your toes. Don't let your knees collapse in. Keep your heels on the ground.

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### Make it easier:

Don't squat down as low.

### Increase the challenge:

1. Weighted: Add 1 kg at a time.
2. Split leg position: Move your exercising leg slightly closer to the chair to take more weight through your exercising leg.
3. Split leg and weighted

## EXERCISE 3: Side Leg Slide



### Starting position:

Stand with a chair in front of you. Lightly hold the back of the chair for balance.

Slightly bend your knees and stick your bottom slightly behind you. Your nose should be in line with your toes.



### The exercise:

Keep your weight on your left leg and slowly slide your right foot to the right, straightening your right knee. Then slide your right leg back in.

Slide the right leg out and in 10 times.

For this particular exercise, we recommend doing it on both sides.

### During the exercise:

Keep your hips level.

On the leg that is taking your body weight, keep the knee over the foot and keep the leg still.

On the leg that slides out, keep the toes pointing forward rather than turning in or out.

## EXERCISE 4: Standing Knee Raises



### Starting position:

Stand tall with your legs shoulder width apart.

Stay safe: Use a stable chair or table for balance.

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### The exercise:

Standing tall and strong, bend your exercising leg so that your thigh is parallel to the ground (or lower if too uncomfortable).

Slowly lower your leg back down. Lightly touch your foot to the ground before repeating again.

### During the exercise:

Progressively build speed while keeping all the movement at the hip joint. Your body (trunk and pelvis) should not rock and forth during this exercise.

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### Make it easier:

Lie on your back and draw your foot towards your buttocks, then extend.

### Increase the challenge:

Add an ankle weight or a heavy shoe. Add 1 kg at a time.

## EXERCISE 5: Bridge



### Starting position:

Lie on a mat on the floor or on a firm bed.

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### The exercise:

Squeeze your buttock muscles, tuck your tailbone under, and lift your hips and buttocks from the bed.

Hold for 3 seconds.

Slowly lower your bottom down to the floor/bed.

### During the exercise:

Keep your hips level.

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### Increase the challenge:

1: Weighted: Add a weight over your hips/pelvis. Add 1 kg at a time.