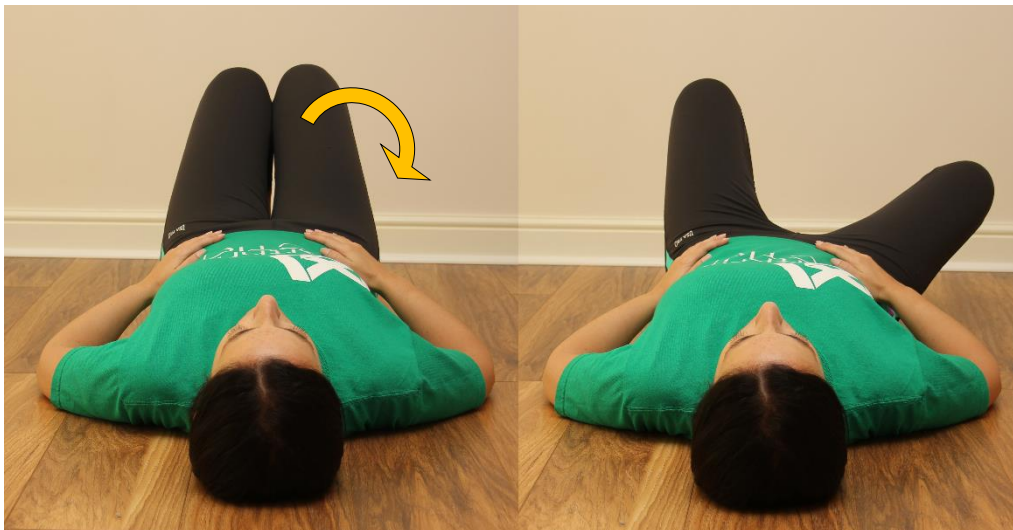


## Hip mobility exercises laying down

If you have hip arthritis, it is normal for the hip to get stiffer. If this happens, you might find it helpful to perform some gentle stretches to maintain what mobility you have. Below are a set of exercises that you might wish to try if you have hip arthritis.

You should always build up new activities slowly. You may experience mild discomfort whilst performing these exercises. If this persists, stop immediately and consult your doctor, an osteopath or a physiotherapist. Don't force through the pain. These exercises are intended to be gentle. However, if you have any concerns about whether they are suitable for you, please consult a healthcare professional before taking part.

For more information, visit: [www.arthritisaction.org.uk](http://www.arthritisaction.org.uk)



### 1-leg drop out

This exercise uses the weight of your leg to help to stretch the muscles in your hip.

- Start laying on your back with a pillow under your head
- Drop one leg out to the side. Don't push this, just let gravity do the work
- Hold for 10 – 30 seconds and then return to the start position
- Repeat on the other side
- If this is uncomfortable, don't let the knee drop out as far

