

Hip extension in standing

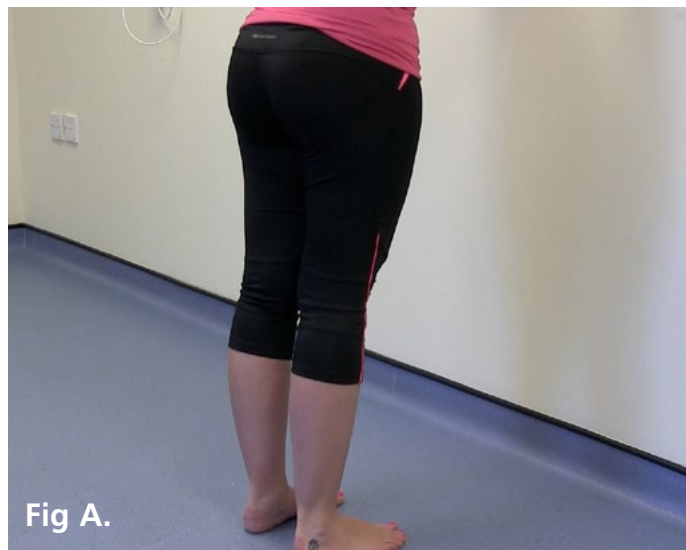


Fig A.



Fig B.

Stand with support in front of you (**Fig A**).

Slowly and with control, move the whole leg backwards (**Fig B**).

You will feel the muscle in the buttock tightening.

Take care not to bend forward and keep standing tall throughout the exercise.

Do not swing the leg.

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please click [VIDEO LINK](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan here.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

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