Seated band hip opening

RESISTANCE BANDS / HOME EXERCISE GUIDE

PURPOSE

Practice a small outward knee movement while your feet stay supported.

YOU WILL NEED

A stable chair without wheels and a clinician-selected loop band.

BEFORE YOU BEGIN

Confirm suitability if you have hip surgery precautions, recent injury or groin pain. Inspect the band and replace it if damaged. Use a latex-free product if needed.

PAUSE AND GET ADVICE

Stop for hip, groin or knee pain, new numbness or tingling, or a feeling of instability.

Do not force a wider position. Contact your care team if symptoms last or worsen afterward.

STEP BY STEP

1. Sit with your feet flat, knees comfortably apart and trunk upright.
2. Place the prescribed loop just above your knees, not across the kneecaps.
3. Keep your feet on the floor and gently move the knees apart against the band. Use only the range demonstrated for you.
4. Bring the knees back slowly. Keep your pelvis still and avoid leaning backward.

KEEP IN MIND

Keep the loop flat against clothing and stop if it pinches. A small controlled movement is enough.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Loop resistance / range: _____

Review date: _____

SOURCES AND FURTHER READING

Dynamic Health, Cambridgeshire Community Services NHS Trust - Hip pain: information and exercises

Performance Health / THERABAND - THERABAND Professional Latex Resistance Bands: use and safety

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.