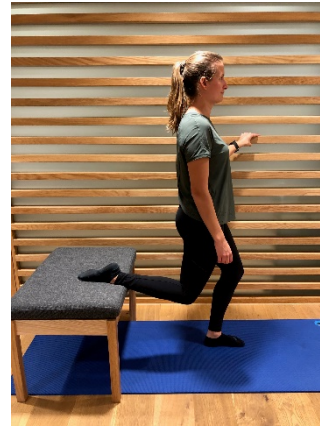


## EXERCISES FOR HIP PAIN

### Knee Flexion Standing

- Stand and place the foot of the leg you want to stretch behind you, rested on a chair or bench.
- Tuck the bottom under using your abdominals, and then bend the standing knee to feel a stretch in the thigh.
- **Hold for 30 sec. Repeat 4 times for each leg.**



### Stabilization Extension

- On all fours - keep your tummy in and your bottom tucked under. Do not let your back arch. Think about drawing your lower abdominals in. Keep your nose pointing to the ground, and your chin tucked.
- Slide the leg out behind you along the floor, and then lift the leg up so it is slightly off the floor. Think about using the low part of your bottom muscle where it attaches to your thigh. Try to feel the muscle working here.
- Hold for a count of 6. Lower and lift again 8 times. You can keep the leg out behind you for the entire set - you do not have to bend it all the way back in for each repetition.
- *Avoid leaning toward either side or letting your pelvis twist.*
- *Make sure that you keep the pelvis perfectly level and do not drop the hip.*
- *If leaning on your hands is uncomfortable, you can do this exercise leaning on your elbows.*
- **Do 3 sets for each leg.**



### Hip Abduction in Abduction

- Lie on your side with your top leg straight, and ankle/lower leg on a sofa/bench so that it is level with your hip or slightly higher. Keep this leg as far back as possible, with your pelvis level/straight. Bend the bottom leg to 90 degrees and keep this resting on the floor.
- Put your hand on the side of your top bottom - just below your hip where the gluteus medius muscle is.
- Flex the top foot, keeping the kneecap and the foot pointing straight ahead. Lift the leg slowly up and slightly back so that it is hovering just above the sofa/bench,

thinking about the movement coming from your hip (really tighten the side bottom muscle in the divet).

- Hold for a count of 6.
- Lower to the sofa / bench and relax the muscle.
- **Repeat 12 times. Do 3 sets**
- *Remember to:*
  - *bend the bottom knee to 90 degrees*
  - *keep the pelvis tucked under*
  - *avoid lifting the leg too high (only at the hip)*



### Stabilization Flexion

- Lie on your back with your knees bent. Gently flatten your low back slightly toward the floor, thinking about using your low abdominal muscles to tuck your pelvis under.
- Maintain a steady abdominal breathing while you lift one knee up until the thigh is vertical and your hip is at 90 degrees (think about floating the leg, aiming to keep the lower part of the leg relaxed and initiate the movement from the hip joint).
- While the first leg is held still, "float" the other leg up to the same position, making sure not to move your lower back.
- From this position, lower one foot (think about floating) to gently touch the toe to the floor, then "float" it back up so the hip is at 90 degrees. Repeat with the opposite leg.
- Think about using the low abdominal muscles to keep the back gently flattened toward the floor
- **Aim for 8 repetitions each leg, 3 sets.**

