



Exercises for Hip Pain



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The following exercises are designed to restore flexibility to the joints in your hips and strengthen the surrounding muscles. Proper movement is essential for optimum function and improved healing and repair.

Instructions

1. The following exercises should be performed **1-2x/day**.
2. Hold each stretch for **60 seconds and repeat 1x/each** unless otherwise stated. Perform on both sides.
3. You should not feel any pain while performing the stretches so make sure you stretch to your comfort level.

Disclaimer: Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

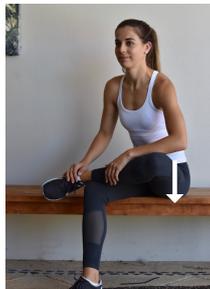
Hip Flexor Stretch

Kneel with your left knee on the floor and your right knee at a 90-degree angle in front of you. Put your hands on your right knee and keep your back straight. While keeping your left knee to the floor, lean into your right hip and hold. You should feel a stretch at the front of the hip. Perform on both sides.



Piriformis and Glute Stretch (Buttock Stretch)

While sitting on a chair bend the right knee and place the right ankle on the left thigh. For a deeper stretch gently bend forward from the hips keeping the back straight. You should feel a stretch in the buttock. Repeat on both sides.



ITB Foam Rolling

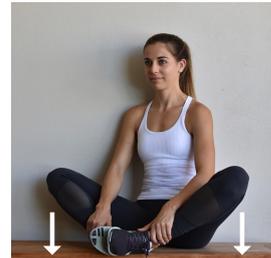
(For Knee and Hip pain)

Lie on your side with the foam roller under your hip. Slowly roll down the side of your leg from your hip to your knee and back up.



Butterfly Stretch

Sitting down on the floor or bed, bend the knees and bring the soles of the feet together so that they are touching. Let the knees fall down towards the floor. Lean forward keeping your back straight until you start to feel a mild-moderate pain-free stretch. You can also use your elbows to push your knees further towards the floor for a deeper stretch. Do not bounce the knees while stretching.



Strengthening Side Lunges

Stand with the shoulders double shoulder width apart and the toes pointing forward. Step the right leg out to the side and bend the right knee and lean down as far as you can comfortably to the right side while keeping the left leg straight. **Repeat 10x per side.**



Clam Strengthening Exercise

Lay on your side with your hips and knees in line with one another. Bend the knees so that they are on a 45 degree angle and keep the feet together. Raise the top knee as high as you can pain-free without rotating the hips. Hold for **5 seconds** while squeezing the gluts together and then lower the knee back to the start position. **Repeat 15 times on both sides.**

Progression: Add a resistance band around your knees.

