

JANUARY 26, 2022



**HIP HIP
HURRAY!
WORKSHOP
PROGRAM**

**18 EXERCISES
TO HELP FIX
YOUR HIP PAIN**



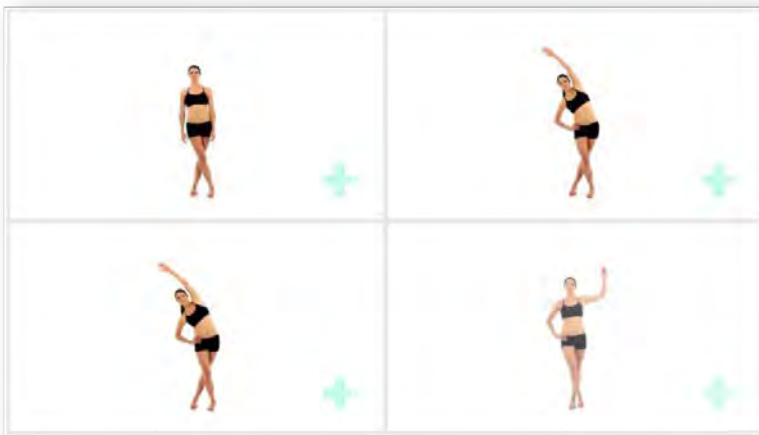
1 "PIGEON POSE" PIRIFORMIS/GLUTEALS STRETCH, LEANING FORWARD, LEG ON TABLE; 01



1 SET / 4 REPS / 15 S HOLD

- Place your affected leg on a table or bed in front of you with the knee turned out.
- Lean forwards, placing your elbows on the table.
- You will feel a stretch through the buttocks of this leg.

2 HIP ABDUCTORS/TRUNK SIDE BENDING STRETCH, ARM OVERHEAD, STANDING LEGS CROSSED



1 SET / 4 REPS / 15 S HOLD

- Cross the good leg over the affected leg.
- Push your affected hip out to the side as you lean away from it, keeping your chest up.
- You should feel this stretch in the side of the hip and down the side of the thigh.

3 "FIGURE 4" PIRIFORMIS / GLUTEALS STRETCH, SUPINE, FOOT ON WALL; 01



1 SET / 4 REPS / 15 S HOLD

- Lie on your back with your feet facing a wall.
- Bend your unaffected leg and place your foot on the wall.
- Bend your affected leg and place the outside of your ankle just above your unaffected knee.
- Allow your knee to relax outwards.
- Move your body towards the wall until you feel a stretch in your buttock, and then hold this position.
- It may become easier, so move further into the wall.

4 SCAPULAR STABILIZATION SHIFTING WEIGHT BACKWARD, IN QUADRUPED; 01

3 SETS / 10 REPS



- Start on your hands and knees with your hands under your shoulders and knees under your hips.
- Find a neutral position with your back and neck.
- There should be a gentle dip in your lower back and neck.
- Keeping your gaze between your hands, press the heels of your hands into the floor so that your shoulder blades flatten against your back.
- Maintaining this position with your back and shoulder blades throughout, gently move your buttocks back towards your heels, then return to the starting position.
- Your back must not arch, so you will not move far.

5 HIP FLEXION STRENGTHENING, WITH BAND, SUPINE

3 SETS / 10 REPS



- Lie on your back with a resistance band looped around your foot to be exercised.
- The other end of the band should be secured to a solid object at your feet with your head furthest away.
- Ensure there is tension in the band while your leg lies straight on the floor.
- Tighten your abdominal muscles.
- Against the resistance of the band, draw your knee up towards your chest, bending at the hip and knee.
- Control the movement as you slowly return to the starting position, and then repeat.

6 "CLAMSHELL" HIP EXTERNAL ROTATION STRENGTHENING, WITH BAND; 02

3 SETS / 10 REPS



- Lie on your side and place a band above your knees, approximately an inch or two above the knee joint.
- Bend your legs a little, keeping the feet in line with your back.
- Use your core stability muscles to keep the body stable.
- Keeping your feet together, lift the top knee up against the resistance of the band. Ensure you stay on your side and do not roll your hips and your body back with the movement.
- Lower the knee back down, controlling the resistance.

7 HIP ABDUCTORS FOAM ROLLING, SIDE LYING; 02



1 SET / 4 REPS / 10 S HOLD

- Place the foam roller underneath the right hip.
- Cross your left leg over the right leg and use that cross-over leg to help move you back and forth.

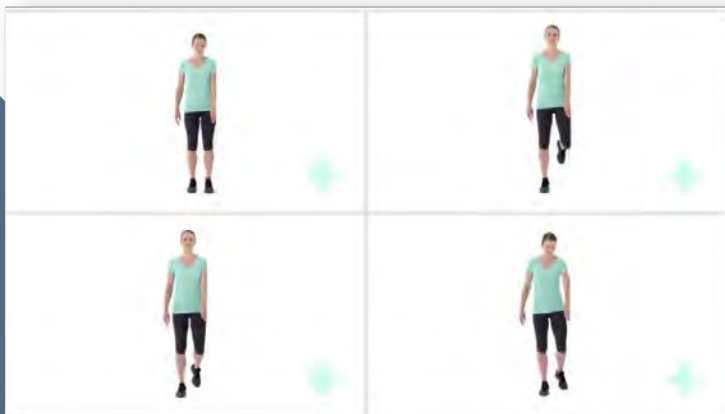
8 "BRIDGE" CORE/GLUTEALS STRENGTHENING, WITH BAND; 02



3 SETS / 10 REPS

- Tie a resistance band around both thighs, just above your knees.
- Lie on your back with your knees bent and legs hip-width apart.
- There should be tension in the band.
- Raise your hips up into a bridge, keeping the knees hip-width apart.
- Control the movement back down to the start position, maintaining constant tension on the band.

9 HIP ABDUCTION GLUTEUS MEDIUS STRENGTHENING ISOMETRIC, AGAINST WALL, KNEE BENT



3 SET / 10 REPS / 1 S HOLD

- Stand up straight with your side to a wall.
- Stand close to the wall.
- Your leg closest to the wall will be the one you will exercise.
- Bend this knee, bringing your heel up toward your buttock.
- Keeping your thighs parallel, press the outside of your thigh into the wall. Ensure your body remains straight and your hips square.
- Your thighs should stay parallel with one another.
- Hold this position.
- Relax, and then repeat.

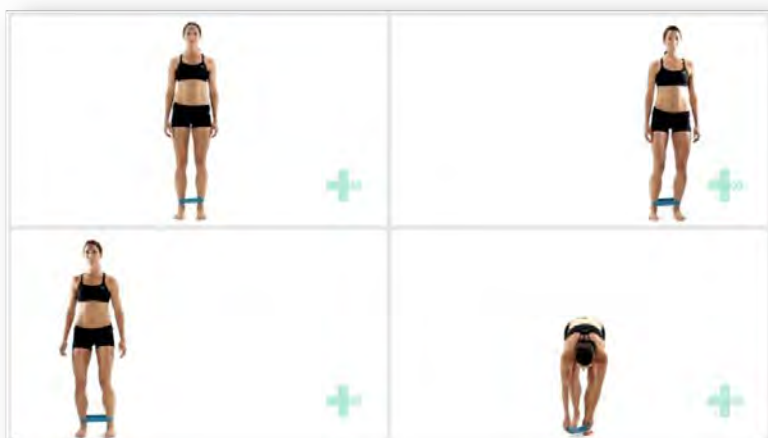
10 HIP ABDUCTION STRENGTHENING, WITH BAND (HIGH), SIDE LYING LEGS STRAIGHT



3 SETS / 10 REPS

- Lie on your side with your affected leg on top.
- Tie a resistance band around your knees.
- Keeping your top leg straight, lift it directly upwards pulling against the resistance of the band.
- Slowly lower your leg back down controlling the movement against the band.
- Relax and repeat.

11 HIP ABDUCTION STRENGTHENING, WITH BAND (LOW), WALKING TO SIDE

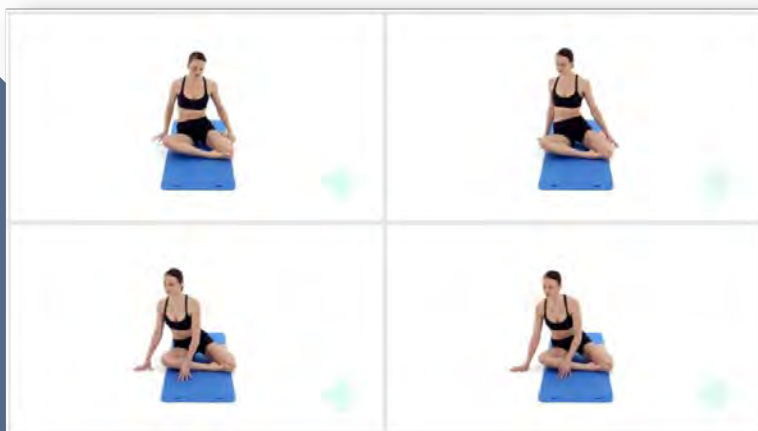


3 SETS / 10 REPS

- Place a band around your ankles and gather some tension.
- Side-step keeping constant tension on the band.
- Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.

12 "SHIN BOX" HIP EXTERNAL ROTATOR STRETCH - FOCUS CONTRACT / RELAX

1 SET / 4 REPS / 15 S HOLD



- Sit up straight on the floor with your legs bent in front of you.
- Take one leg, drop the knee out, and place your foot in the gap underneath your other leg.
- Next, hold your second leg on the shin and gently guide it around so that your foot rests beside the hip on the same side.
- You may need to adjust your legs a little so that the sole of your front foot rests against the top of your knee on your other leg.
- The shin of your back leg should form a right angle with your front shin.
- Turn your body so that it faces the front knee. Keeping your back straight, push your front knee down into the floor.
- Hold this position. Relax, and then lean your body forwards over your front knee. Hold this position.
- Repeat the sequence, aiming to increase how far you lean your body forwards.

13 ILIOPSOAS STRETCH - HOW TO, HALF KNEELING

1 SET / 4 REPS / 15 S HOLD



- Start in a kneeling position.
- Place one foot on the floor out in front of you whilst staying on the knee of the other leg.
- Tuck your bottom in.
- Keep your back upright and chest out, push your hips forward by bending your front knee.
- Make sure that you keep your hips in position and do not let your lower back arch.

14 HAMSTRING STRETCH ON WALL/ DOORWAY

2 SETS / 4 REPS / 15 S HOLD



- Standing in a doorway, or corner of a wall.
- Slide buttock close to the wall and extend your leg straight until you feel a pull in the back of your leg

15 "STEP-UPS" HIP/KNEE EXTENSION STRENGTHENING (ALTERNATE)

3 SETS / 10 REPS



- Stand in front of a stair or step.
- Place one foot up onto the step
- And when you are stable bring up the other foot.
- Repeat, starting with the other leg.

16 'ADL' SIT TO STAND TRANSFER, MINI-SQUATS, SLOWLY



3 SETS / 10 REPS / 1 S HOLD

- Stand in front of a chair.
- Lower yourself down onto the chair, but just before you sit down, stand up slowly.

17 "PRONE PRESS UP" TRUNK EXTENSION PASSIVE; 01



3 SETS / 10 REPS / 1 S HOLD

- Start face down on a mat.
- Bend the elbows and bring your hands under your shoulders.
- Push your upper body up into an extended position. Keep your hips and thighs on the floor at all times.
- Squeeze the buttock muscles throughout the duration of this exercise.
- Hold this position.

18 "KNEE HUGS" HIP/LUMBAR EXTENSORS STRETCH (BILATERAL), SUPINE; 02



1 SET / 4 REPS / 15 S HOLD

- Lie on your back.
- Draw one foot up and then the other.
- Bring one knee in towards your chest and then the other.
- Use your hands for assistance to curl yourself into a ball.



GUIDED HIP SELF-DIAGNOSIS

HIP PAIN

HISTORY

- Lateral Hip Pain
- Activity produces pain
- Lying on painful side makes it worse
- Standing/walking/running makes it worse

- Pain felt in groin or thigh
- Stiffness in the morning lasting for about 1 hour
- Getting progressively worse
- Previous hip injury
- Difficulty putting on socks/shoes

- Pain in anterior thigh or groin
- Stiffness in the morning
- Pain with insidious onset (no injury)
- Clicking, catching
- Walking / Standing okay
- More painful sitting in deep chair

- Pain referral into lateral or posterior hip
- Associated low back pain
- Previous history of low back issues
- Clicking, catching
- Walking / Standing okay
- Reduced lumbar ROM

ASSESSMENT

- Pain with 30 seconds single leg standing
- Direct palpation of greater trochanter painful

- Painful internal rotation (IR) and external rotation (ER) of the hip
- Reduced hip range of motion (ROM)

- Pain with deep squat
- Pain with twisting towards affected side
- Painful flexion / IR / adduction

- Reduced lumbar ROM
- Positive SLR or slump test

DIAGNOSIS

GREATER TROCHANTERIC PAIN SYNDROME (GTPS)

OSTEOARTHRITIS (OA)

FEMORAL ACETABULAR IMPINGEMENT (FAI)

LUMBAR RADICULOPATHY