

# Exercises for Chronic Hip Pain

This strengthening and stretching program will help lessen your pain, and get you stronger and more flexible, so you can do the activities you enjoy with less pain and effort. Choose a time of day that best fits your daily routine. Please talk with your primary care provider or physical therapist if you have questions or concerns.

## Strengthening

### 1. Bridging

- Lie on your back on a bed or mat on the floor.
- Bend your knees and keep them hip distance apart.
- Rest your hands at your sides.
- Tighten your abdominal muscles and buttocks.
- Push into your heels and raise your buttocks off the floor/bed to make a bridge.



### Tip

Keep your pelvis in neutral position during the exercise. Do not arch or flatten your back.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5

## 2. Straight leg raise on your side

- a. Lie on your side on a bed or a mat on the floor.
- b. Bend your bottom leg for support.
- c. Slowly raise your top leg up toward the ceiling.
- d. Keep your top knee straight and in line with your body.



### Tips

- Keep your shoulders in line with hips and your foot in a straight line.
- Do not let your hips roll forward or backward.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5

## 3. Single leg stance

- a. Stand at a counter or sturdy chair on a non-slip floor.  
Do this for arm support.
- b. Lift 1 leg and stand on the other leg.

### Tip

You can do this while brushing your teeth or doing dishes to fit it into your regular daily routine.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5



# Stretching

## 1. Hamstring stretch

### Seated

- a. Sit on a sturdy chair on a non-slip floor.
- b. Bend one knee, putting your foot flat on the floor.
- c. Straighten your other leg, keeping your heel on the floor.
- d. Gently lean forward until a stretch is felt behind your straight knee/thigh.



### Alternate position for hamstring stretch

- a. Lie on your back.
- b. Raise your leg and hold the back of your thigh until a stretch is felt behind your knee/thigh.



### Tip

Tighten your stomach muscles to support your back as you do the exercise.

Hold	Repetitions	Days per Week
30 seconds	3	Daily

## 2. Front hip stretch

- a. Stand on 1 leg and place the other leg on a step or sturdy chair on a non-slip floor.
- b. Gently lean your hips forward until a stretch is felt in the front of your hip.

### Tips

- Use arm support if needed.
- Prevent knee stress by checking that your knee does not go ahead of your toes.



Hold	Repetitions	Days per Week
30 seconds	3	Daily

### 3. Quadriceps stretch

- a. Stand at a counter or sturdy chair on a non-slip floor.
- b. Stand on 1 leg and bend your other knee and place that foot on a surface behind you.
- c. Feel a gentle stretch in the front of your thigh.

#### Tips

- Use arm support if needed.
- Raise or lower the surface behind you to feel the stretch.

Hold	Repetitions	Days per Week
30 seconds	3	Daily

