

Exercise plan:
Hip Pain

Patient:
Physio Specialists Ltd

Date:
12th May 2020



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Leg Lift

Lift your leg off the floor/bed. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. Lift your leg as far as feels comfortable, but with the aim to increasing your leg lift as your leg becomes stronger and more mobile.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/67ajrE4Ajak>



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Hip Flexion Lying

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest. As your hip becomes more mobile, you should be able to bend it further.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/a6OPHJaEfXA>



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Hip Flexion Sitting

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/l6ChVWAVwbg>



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Hip Flexion with External Rotation

Turn your leg outwards, and then lift it off the floor/bed. You will feel a pull on the inside of your leg. You can either keep a sustained hold, or move your hip up and down but without resting at the floor.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/mNPabW3n-nw>



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Hip Flexion with Internal Rotation

Turn your leg inwards, and then lift it off the floor/bed. You will feel a pull on the inside of your leg. You can either keep a sustained hold, or move your hip up and down but without resting at the floor.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/YjuV11rnIE>



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Hip Flexion Assisted

Grasp the back of your thigh (hamstring) and pull your knee towards your chest. Go as far as feels comfortable. When you have finished the stretch, let your leg come down to the bed or the floor. If you have trouble reaching your thigh, hold around your knee joint instead. This exercise will improve mobility in your hip joint.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/yJauXvtiofg>



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Hip Flexion Side-Lying

Lie on your side, and bend your hip as close to your chest as feels comfortable. Use your hand to help you. Hold the stretch. This exercise will mobilise and strengthen your hip joint.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/BBLVOyYj4Gc>



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Glute Stretch Supine 1

Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/6ovFfq2UNxc>



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Glute Stretch Sitting

Place your ankle across your opposite knee, and pull your ankle upwards while pushing downwards on your knee (of the side being stretched). You will feel a stretch in your bottom.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/6CDnxMFSq7k>



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Hip Flexor Stretch

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/sDn-UtqdX58>



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Hip Abduction Gluteus Medius Side-Lying

Lie on your side, and lift your leg upwards. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Repeat 5 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/gNvzHTyPujs>

Your Advice Sheet

Please click on the attachment below for the advice sheet

[- Groin Strain.pdf](#)

[- Hip Pain Advice Sheet.pdf](#)

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on headoffice@physio-specialists.co.uk. Good luck and keep with it!