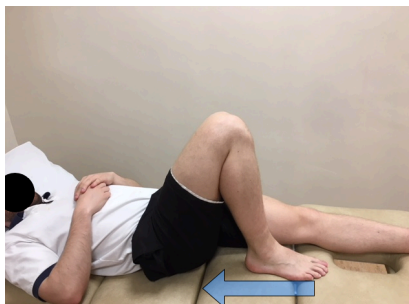


Exercises for Hip Pain

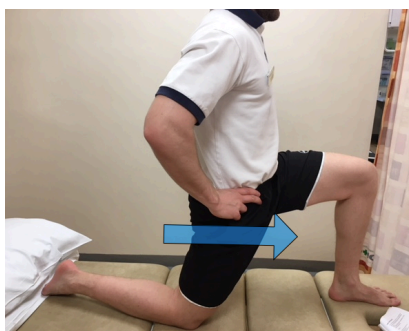
Stretching

Stretching can be a useful way to help reduce muscle pain and increase the movement you have around your hip. Try the three stretches below.



Start with your leg straight. Gently bend your knee, sliding your heel up towards your hip. Repeat as comfortable

Repeat as able.



Kneel as shown in the picture. Placing your weight in the back leg, squeeze your bottom and push your pelvis forwards. You should feel a stretch at the front of your back leg. Hold 10-12 seconds.

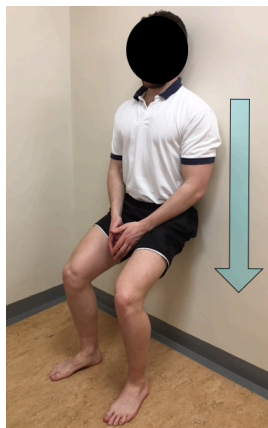
Repeat as able.



Hold the stretch for between 10- 12 seconds and then release. You should feel the pull on the front of your upper leg. Stop if the stretch is painful.

Repeat as able.

Strengthening exercises



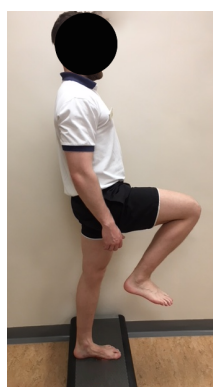
Lean against a flat, smooth wall. Taking your weight through your heels, slowly bend your knees and slide yourself down the wall to about halfway. Next, using your knees, slide yourself back up the wall to the starting position.

Repeat as able.



Lay on your back with your knees bent. Squeeze your bottom and lift your hips upwards towards the ceiling. Hold 2-3 seconds and then relax.

Repeat as able



Try stepping up and down a small step with your painful leg. The slower you can do this, the better. This may feel a little uncomfortable at first, but should start to feel easier with practice.

Repeat as able.



Lay on your side with your legs straight. Lift your affected leg up towards the ceiling. Hold 2-3 seconds and then lower back down. Repeat as able



Lay on your side with your legs bent. Lift your affected leg up towards the ceiling keeping your feet together. Hold 1-2 seconds and then lower back down. Repeat as able

The exercise might feel like hard work but it should not increase your pain once you stop exercising. If an exercise is too sore, leave it out.

If you have severe hip pain then contact your GP surgery.