

Bouncing Back From Hip Pain

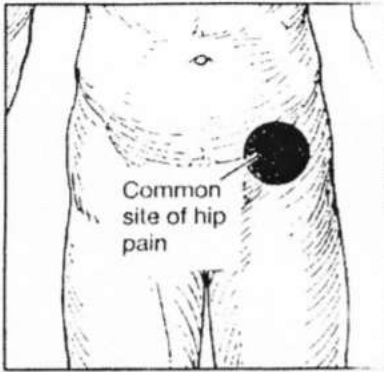


Figure 1. Location of joint-related hip pain.

Targeted Exercises

To stretch your right hip abductor muscles, sit with your left leg extended. Place your right foot on the left side of your left knee. While twisting at the waist, use your left elbow to push your right knee to the left until you feel a gentle stretch on the outside of your right hip. Hold for 30 seconds. Switch sides and repeat for your left hip. Do this twice a day.



Sore after exercise:

- Ice pack for 20 min
- Stop if skin turns blue or white
- Repeat every 2 hours for continued pain

Sore during exercise:

- Modify the workout to something that does not cause pain
- After 2 weeks, can try original exercise if able

Pain at rest:

- Heating pad or hot pack for 20 min
- Repeat every 2 hours as needed

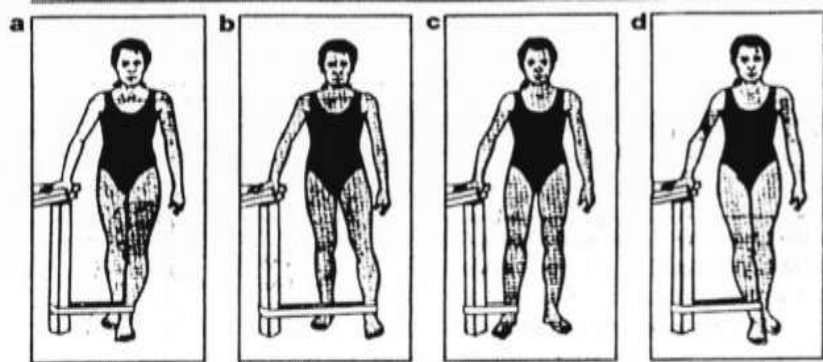


Figure 3. Loop an elastic band around the leg of a table or other immovable object. To strengthen the muscles on the outside of your hip, start with your feet together and the band around your outermost leg (a). While keeping your leg straight, stretch the elastic band by swinging your foot away from the table (b). Keep the rest of your body still. Hold the stretch for 10 seconds, and do 10 to 15 repetitions with each leg. To work your inner thigh muscles, start with your feet shoulder-width apart and the elastic band on the leg nearer the table (c). Stretch the band by keeping that leg straight and crossing it over the other leg while keeping the rest of your body still (d). Hold for 10 seconds, and do 10 to 15 repetitions with each leg. Do each



Figure 4. Stretching your buttock muscles may help ease hip pain. While lying on your back, grasp your hands around your left knee and bring the leg toward your chest. Then gently tilt your left thigh across your body toward your right leg. Hold for 30 seconds to 3 minutes. Repeat with your right leg. Do once or twice a day.



Figure 5. You can stretch the muscles that flex and extend your hip in the same stretch. Lie back on a knee-high, firm surface such as a sturdy coffee table, bench, or firm bed. Bend your knees over the edge and keep your feet flat on the floor. Your thighs should rest comfortably, parallel to the floor. Keep one foot on the floor and raise the opposite knee, pulling it to your chest until you feel a comfortable stretch in your buttock muscles. This will also stretch the hip flexor on your other leg. Hold for at least 30 seconds. Switch and pull the opposite knee. Stretch each leg once or twice a day.

If your pain is on the outside of the hip, it is related to the side (Abductors).

If your pain is in the buttocks, it is due to injury to the buttock muscle, sciatic nerve injury, or low back injury.