Hip Exercises
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Do your exercises 3 times during the day.

Stretching guidelines

Before you start your stretching you should:

• Use heat (e.g. hot pack, hot water bottle, soak in warm water) for about 10-15 minutes before activity to help loosen up hip.

OR

• Walk or bike for 5 minutes.

While stretching you should:

• Wear loose-fitting clothes.
• Take a breath at the beginning of the stretch and slowly breathe out during the stretch. Do not hold your breath.
• Stretch slowly. Do not bounce during the stretch.
• Stretch enough so that you feel a little discomfort, but not severe (too hard to handle) pain.
• Hold the stretch for 30 seconds.
• Relax and then do the stretch again. Do each stretch 3 times.
**Hip adductor stretch**
- Lie on your back.
- Bend your knees with your feet flat on the floor.
- Let your knees lower to the sides.
- The bottoms of your feet should turn towards each other.
- Relax and hold for 30 seconds.
- You should feel the stretch on the inside of your legs and groin.
- Bring your knees back together with your feet flat on the floor.
- Relax.
- Repeat 3 times.

**Hip flexor stretch**
- Lie on your back and let your affected leg hang over the edge of the bed.
- Pull your unaffected knee upwards by placing your hands behind your knee.
- Hold for 30 seconds.
- You should feel the stretch on the front of your affected hip.
- Relax.
- Repeat 3 times.
Quad stretch (Option 1)
• Lie on the side of your unaffected hip.
• Put a pillow between your knees.
• Using your hand, or with the help of a belt or towel, hold the foot that is on the same side as your affected hip.
• Pull your heel towards your buttocks.
• Keep your thighs straight and in line with each other.
• Hold for 30 seconds and then relax.
• You should feel the stretch on the front of your thigh.
• Relax. Repeat 3 times.

OR Option 2
• While standing, use a counter or table for support.
• Using your hand, or with the help of a belt or towel, hold the foot that is on the same side of your affected hip.
• Pull the heel of your foot towards your buttocks.
• Keep your thigh straight and in line with your other leg. You should feel the stretch on the front of your thigh.
• Hold for 30 seconds and then relax.
• Relax. Repeat 3 times.
**Hamstring stretch**
- Place your affected leg on a stool or bench.
- Bend forward at the hip.
- Keep your knee and back straight.
- Hold for 30 seconds.
- Relax.
- Repeat 3 times.

**Piriformis stretch**
- Sit on the floor.
- Keep one leg straight and cross the affected leg over it.
- Bring your crossed knee towards your opposite shoulder.
- Hold for 30 seconds.
- Relax.
- Repeat 3 times.
**Hip stretch**

- Place the foot of your affected hip a little behind the other foot.
- Keep both feet flat on the floor.
- With your hands on your hips, slowly push your hips forward and lean back.
- Hold for 30 seconds.
- You should feel the stretch on the front of your injured hip.
- Relax.
- Repeat 3 times.

**ITB stretch**

- Place leg to be stretched behind your other leg.
- Lean and turn away from the affected leg.
- Hold for 30 seconds.
- Relax.
- Repeat 3 times.
Exercises
While exercising you should:
• Take a breath at the beginning of the exercise and slowly breathe out during the exercise. **Do not hold your breath.**
• Do the exercise slowly. **Do not bounce or force yourself into a position.**

☐ **Straight leg raise**
• Bend your unaffected leg and place your foot flat on the bed.
• Lift your affected leg about 6 inches while keeping the leg as straight as possible.
• Hold for 5 seconds.
• Relax.
• Repeat 10 times.

☐ **Bridging**
• Lie on your back with your knees bent.
• Tighten your buttocks and raise your hips off the floor as high as you can.
• Hold for 5 seconds.
• Slowly lower yourself.
• Relax.
• Repeat 10 times.
Hip abduction
• Lie on your unaffected side.
• Bend your bottom leg for balance.
• Lift your affected leg 6-8 inches while keeping it as straight as possible.
• Hold for 5 seconds.
• Slowly your lower leg.
• Relax.
• Repeat 10 times.

Hip adduction
• Lie on your side with your top leg bent and in front of your lower leg.
• Roll your top hip slightly forward.
• Use your top arm to support you.
• Lift lower leg from the floor.
• Keep your toes pointed forward.
• Relax.
• Repeat 10 times.
**Hip extension**
- Lie on your stomach.
- Lift your affected leg 8 inches while keeping your knee straight.
- Hold for 5 seconds.
- Slowly lower your leg.
- Relax.
- Repeat 10 times.

**Hip rotation**
- Sit in a chair with your back straight.
- Swing your ankle of the affected leg to the right.
- **Do not lean to the side.**
- Hold for 5 seconds.
- Relax and then swing your ankle to the left.
- Hold for 5 seconds.
- Relax.
- Repeat in both directions 10 times.
□ **Hamstring curls**
- Lie on your stomach.
- Bend your knee by bringing your heel toward your buttocks.
- Hold for 5 seconds.
- Slowly lower your leg.
- Relax.
- Repeat 10 times.

□ **Knee extension**
- Sit in a chair with your back straight.
- Straighten the knee of your affected leg without lifting your buttocks or leg off the chair.
- Hold for 5 seconds.
- Lower your leg slowly.
- Relax.
- Repeat 10 times.
Tubing exercises

• Loop or loosely tie tubing just above the ankle of your affected leg.
• Tie the opposite end to an object that will not move.
• Move a distance from the object that causes the tubing to begin stretching, you should feel the tubing pulling a little.
• Do the exercise slowly. Then slowly let the tubing pull your leg back after finishing the exercise.

□ Hip flexion with knee straight

• Hold onto something for balance.
• Push your leg forward while keeping your knee straight.
• Keep your toes pointed straight ahead.
• Keep your back straight. Do not lean back.
• Hold for 5 seconds.
• Relax.
• Repeat 10 times.
• Hip extension
  • Hold onto something for balance.
  • Push your leg backward while keeping your knee straight.
  • Keep your toes pointed straight ahead.
  • Keep your back straight. **Do not lean forward.**
  • Hold for 5 seconds.
  • Relax.
  • Repeat 10 times.

• Hip abduction
  • Hold onto something for balance.
  • Push your leg out to the side while keeping your knee straight.
  • Keep your toes pointed straight ahead.
  • Keep your back straight. **Do not lean to the side.**
  • Hold for 5 seconds.
  • Relax.
  • Repeat 10 times.
**Hip adduction**
- Hold onto something for balance.
- Start with your leg out to the side and stand far enough away so that the tubing is a little stretched.
- Pull your leg towards your other leg.
- Keep your toes pointed straight ahead.
- Keep your back straight. **Do not lean to the side.**
- Hold for 5 seconds.
- Relax.
- Repeat 10 times.

**Knee flexion**
- Hold onto something for balance.
- Bend your knee by bringing the heel of your affected leg toward your buttocks.
- **Do not move your hip.**
- Keep your back straight. **Do not lean forward.**
- Hold for 5 seconds.
- Relax.
- Repeat 10 times.
Hip flexion with knee bend

- Hold onto something for balance.
- Lift your knee upwards.
- Keep your back straight. **Do not lean forward.**
- Hold for 5 seconds.
- Relax.
- Repeat 10 times.

Knee extension

- Sit in a chair with your back straight.
- Straighten your leg.
- Keep the back of your leg on the chair.
- Hold for 5 seconds.
- Relax.
- Repeat 10 times.
Hip rotation

- Sit in a chair with your back straight.
- Push your ankle against the tubing.
- Hold for 5 seconds.
- **Do not lean to the side.**
- Relax.
- Repeat 10 times.
- Do this stretch pushing both towards and away from your other leg.

Physiotherapist: ____________________________

Phone number: ____________________________

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