



Patient & Family Guide

2022

# Hip Exercises



[www.nshealth.ca](http://www.nshealth.ca)

# Hip Exercises

Do your exercises 3 times each day.

## Stretching guidelines

### Before you start your stretching:

- Use heat (like a hot pack, hot water bottle, or soak in warm water) for about 10 to 15 minutes before activity to help loosen up your hip.

OR

- Walk or bike for 5 minutes.

### While stretching:

- 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.

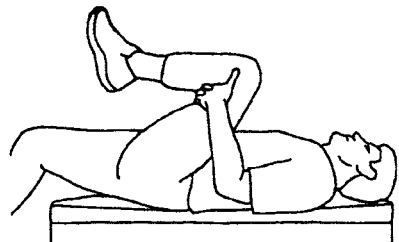
## □ Hip adductor stretch

- 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.
- You should feel a stretch on the inside of your legs and groin.
- Relax and hold for 30 seconds.
- 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.
- You should feel a stretch on the front of your affected hip.
- Hold for 30 seconds.
- 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 a towel, hold the foot that is on the same side as your affected hip.



- Pull your heel towards your buttocks (bum).



- Keep your thighs straight and in line with each other.

- You should feel a stretch on the front of your thigh.
- Hold for 30 seconds and then relax.
- Relax. Repeat 3 times.

## OR Option 2

- While standing, use a counter or a table for support.
- Using your hand, or with the help of a belt or a towel, hold the foot that is on the same side as 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 a 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 a bench.
- Bend forward at the hip.
- Keep your knee and back straight.
- Hold for 30 seconds.
- Relax.
- Repeat 3 times.



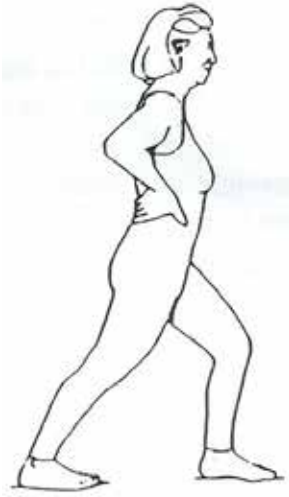
## □ Piriformis stretch

- 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 a stretch on the front of your affected hip.
- Relax.
- Repeat 3 times.



## □ Iliotibial band (ITB) stretch

- Stand on your affected leg, then cross your other leg in front of it.
- Lean away from your affected leg until you feel a stretch.
- Hold for 30 seconds.
- Relax.
- Repeat 3 times.



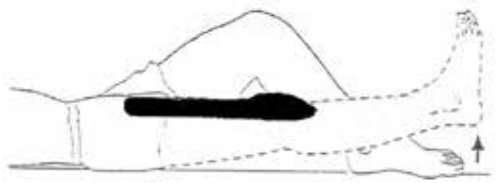
## Strengthening exercises

### While exercising:

- 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.**

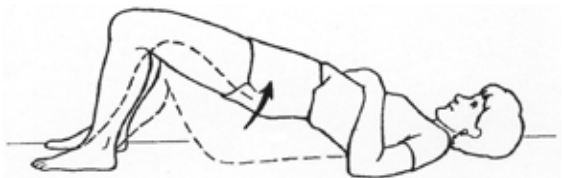
#### Straight leg raise

- 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.



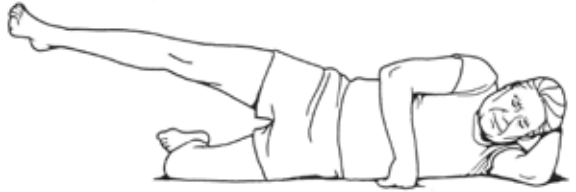
#### Bridging

- 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 to 8 inches while keeping it as straight as possible.
- Hold for 5 seconds.
- Slowly lower your leg.
- Relax.
- Repeat 10 times.



## □ Hip adduction

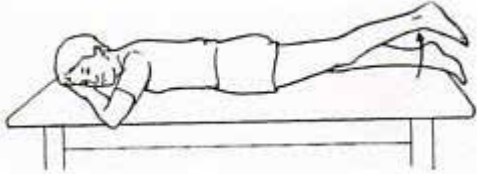
- Lie on your side with your top leg bent and in front of your lower leg.
- Roll your top hip slightly forward.
- Use your top arm to support you.
- Lift lower leg from the floor.
- Keep your toes pointed forward.
- Relax.
- Repeat 10 times.





## □ 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.



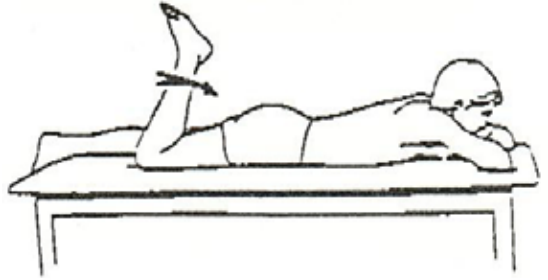
## □ Hip rotation

- 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.



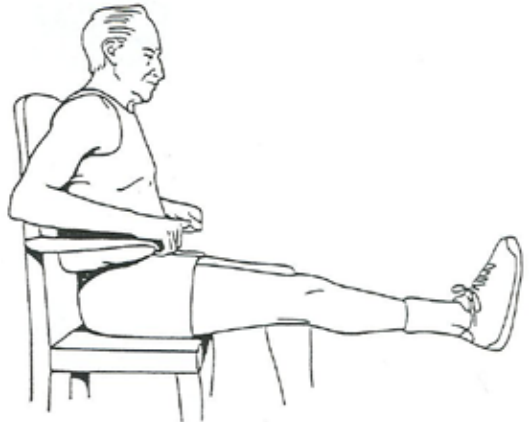
## □ Hamstring curls

- 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.
- Slowly lower your leg.
- Relax.
- Repeat 10 times.

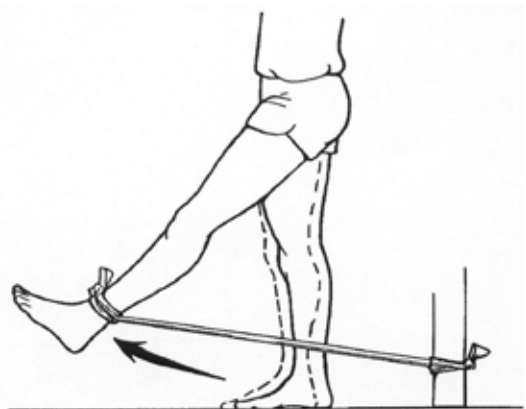


## Tubing exercises

- 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 start stretching, so that you feel the tubing pulling a little.
- Do the exercise slowly. Then **slowly** let the tubing pull your leg back after finishing the exercise.

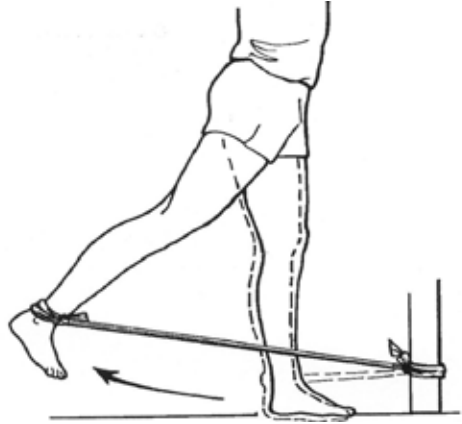
### Hip flexion with knee straight

- 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.



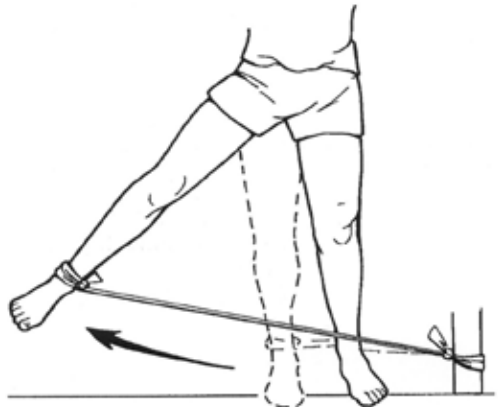
## □ Hip extension

- 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.



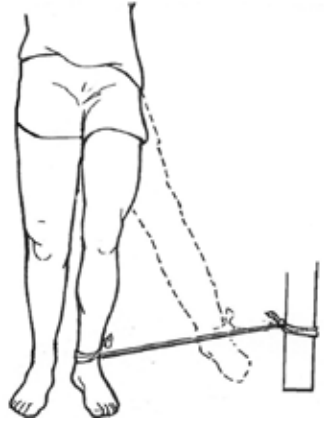
## □ Hip abduction

- 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.



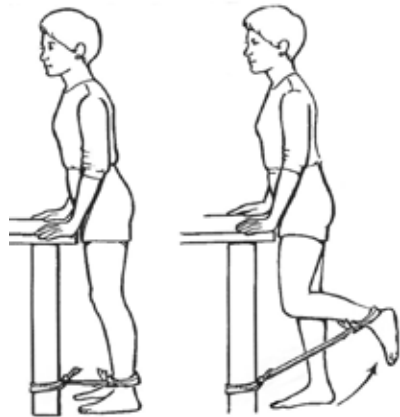
## □ Hip adduction

- 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.



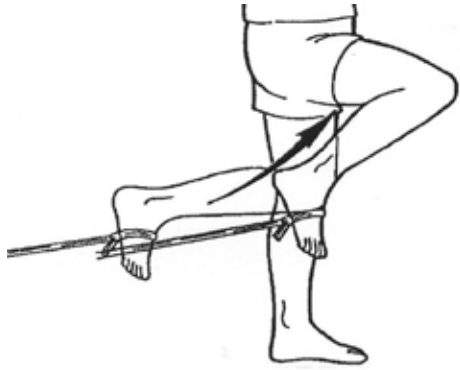
## □ Knee flexion

- 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.



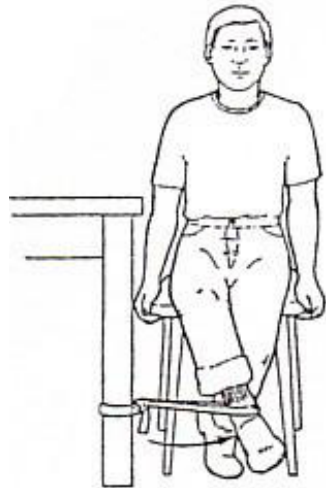
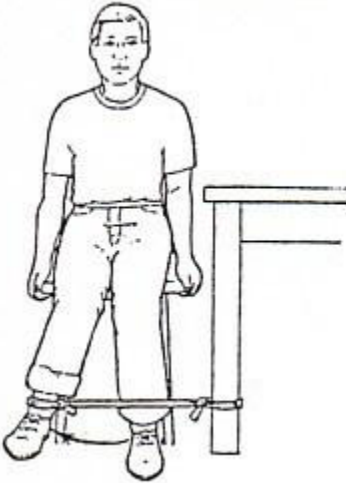
## □ Knee extension

- 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.



If you have any questions, please ask.

We are here to help you.

Physiotherapist: \_\_\_\_\_

Phone: \_\_\_\_\_

