

# BASIC EXERCISES FOR HIP PAIN

## GOALS

Stabilize the stationary leg as it reacts to multi-directional forces.

Generate force from within the leg to reduce pain in the area.

## NOTE

*Band on the right ankle stabilizes the left leg.*

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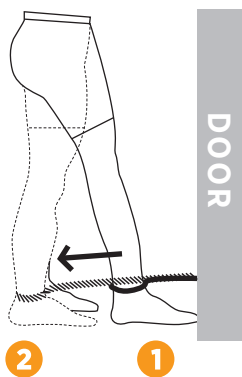
- ① Start position      ② End position

## INSTRUCTIONS

**Equipment:** Therapy band with a knot on one end and a loop on the other

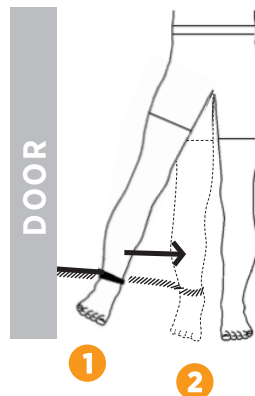
- Wedge the knotted end of the therapy band between the door and the frame at ankle level. Shut the door.
- Loop the other end around the uninjured ankle. Avoid slack in band.

The instructions below represent one set of exercises. Perform up to 3 sets 1-2 times per day.



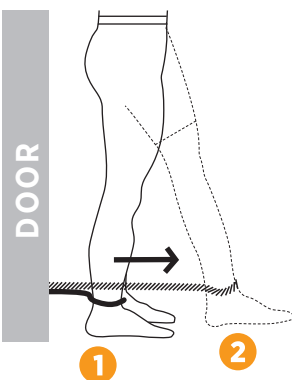
### HIP PAIN 1 HIP EXTENSION

Face the door and **hold your banded leg out in front of you**. Slowly pull the banded leg back until it is in line with stationary leg (position #1 to position #2). Hold this position 2-3 seconds. Do not rest banded foot on the floor. Slowly return to start position. Repeat up to 10 times.



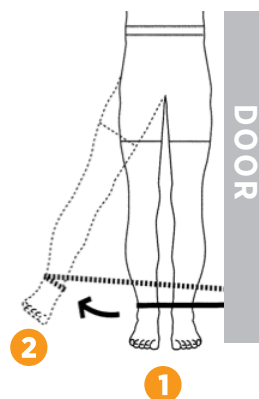
### HIP PAIN 2 HIP ADDUCTION

Turn to your side so that your banded leg is closest to the door. **Hold your banded leg out toward door**. Slowly pull the banded leg toward you until it is next to your stationary leg but not braced against it (position #1 to position #2). Hold this position 2-3 seconds. Do not rest banded foot on the floor. Slowly return to start position. Repeat up to 10 times.



### HIP PAIN 3 HIP FLEXION

Turn around so that your back is facing the door. **Start with your feet together**. Slowly pull the banded leg away from the door until your banded leg is about 30 degrees away from you (position #1 to position #2). Hold this position 2-3 seconds. Slowly return to start position. Do not rest banded foot on the floor. Repeat up to 10 times.



### HIP PAIN 4 HIP ABDUCTION

Turn to your side so that your banded leg is furthest from the door. **Start with your feet together**. Slowly pull the banded leg away from the door so that your banded leg is about 30 degrees away from you (position #1 to position #2). Hold this position 2-3 seconds. Do not rest banded foot on the floor. Slowly return to start position. Repeat up to 10 times.

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## ADDITIONAL INSTRUCTIONS

- Keep both knees slightly bent. Do not lock out either knee during this exercise (keep knees “soft”).
- Your toes on both feet should be pointed forward the entire time.
- Step away from the door until you’ve taken up the slack in the band.
- Pull slowly and deliberately away from the door.
- Pause for 2-3 seconds at end of motion.
- Slowly return to starting position.
- Perform drills in the sequence listed unless otherwise advised by your therapist.

## PRECAUTIONS

- Avoid leaning forward, backward or sideways with your upper body/trunk.
- You may experience soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.
- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- Your “banded” leg should never cross over your body or go behind you.

## NOTES: