

MEMORIAL HERMANN SURGICAL HOSPITAL - FIRST COLONY

TAKING CARE OF YOUR HIP

In some cases hip pain can be alleviated with a prescribed series of exercises and stretches aimed at strengthening the hips. Here are some exercises and stretches that strengthen and increase the flexibility of the muscles that control how your hip moves.

HIP STRETCHES

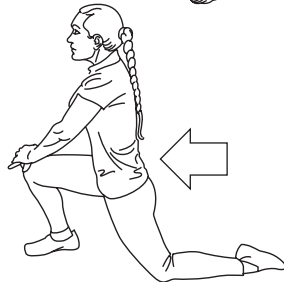
Basic Hip Stretch

Lay on the back and bend one knee off the floor. Place the opposite ankle on the knee. Push gently with the hand on the knee of the crossed leg.



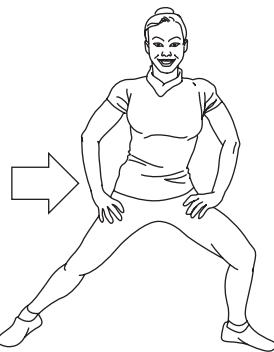
Hip Flexor Stretch

Kneel on a padded surface with one leg forward. With your foot flat on the floor lean your hips forward slightly until you feel a stretch at the front of your hip.



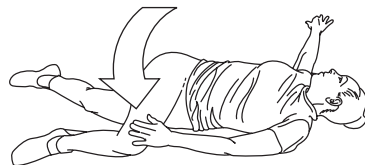
Standing Groin Stretch

Stand with your feet wide apart and knees straight. Bend one knee out to the side and lean to that side. Hold for between 10 and 30 seconds.



Lying Crossover Stretch

Lie on your back, keep your arms out to the side and both legs straight. Bring one knee up to your chest and let it cross over your body. Rest it on the ground or use your hand to support the bent leg.



HIP EXERCISES

For all hip exercises and stretches, engage in each movement in a controlled steady manner, and pursue only as far as possible pain free.

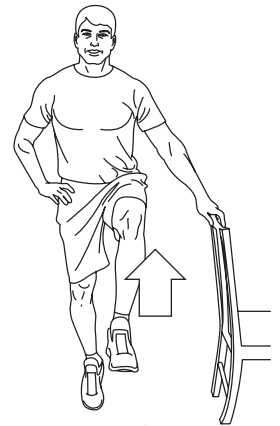
Standing Hip Abduction

Stand next to a chair or table for balance. Keeping your back and knee straight, slowly lift your leg to the side keeping it straight and your muscles tight. Hold for 2 seconds and slowly lower leg. Repeat 10 times on each leg.



Hip Flexion

Stand next to a chair or table for balance. Slowly lift your knee up as high as you can while keeping your back straight and tightening the muscles at the front of your hip (hip flexors). Hold for 2 seconds and Repeat 10 times on each leg.



Seated External Rotation

Sit on a chair or bench with your feet flat on the floor. Hold the bench for stability. Lift your foot upwards toward your opposite knee keeping your foot pointed forward. Hold for 2 seconds, then slowly lower your foot. Repeat 10 times on each leg.



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