

DO YOU HAVE HIP PAIN?

STRENGTHENING: DO 3 SETS OF 10 REPS 2-3



LOWER LIMB THERABAND STRENGTHENING:

Standing with support (the wall or a chair), tie a theraband around you ankles tightly (either green or red). Start by opening your legs to side, then forward and then backwards. Do either motion 10 times. Be sure to keep your body straight. Do not compensate by leaning to the opposite side. Progress to no support.



QL and GLUTEAL STRENGTHENING:

Lying on your side comfortably (if it is sore to lie on your side do not do this exercise until inflammation has subsided) Lift both legs off the floor and hold for 10 seconds x 10 sets. To progress, lift your top leg even further up and down to meet the other leg 10 x 10 sets.



MONSTER WALKS:

Tie theraband around legs and walk up to 50 meters against resistance. Be sure to bring foot in to touch other foot then out and forward to take a step.

STRETCHING: DO 3 SETS OF 30 SECOND HOLDS



ITB STRETCH: Stand in the above position while leaning against a wall. Keeping your back leg straight, touch your back leg's big toe with both hands.



GLUTEAL STRETCH:

Hold the above position for 30 seconds x 3 and alternate. For a more intensive stretch you let your leg hang off the edge of a bed or lie on the floor alternatively. Keep shoulders flat.



PIRIFORMIS STRETCH: Hold the above position for 30 seconds x 3.



NEURAL MOBILISATION:

Sitting on the edge of a chair, clasp your hands behind your head and slouch to bring your elbows as close to your hips as possible. Straighten 1 leg and move your foot up and down 10-15x either side. It is normal to feel a stretch pain from your lower back to foot.

INFORMATION ABOUT HIP PAIN

There are many causes of hip joint pain. Some hip pain is temporary, while other hip pain can be long standing or chronic. Causes of hip pain include

- ✓ Bursitis
- ✓ Inflammatory and non inflammatory arthritis, infectious arthritis (septic arthritis)
- ✓ Fracture or haematoma
- ✓ Sprain or muscle strain
- ✓ Avascular necrosis
- ✓ Gaucher's disease
- ✓ Sciatica
- ✓ Iliotibial band syndrome (IT band syndrome)

Loosing weight, avoiding strenuous activity, wearing supportive footwear and stretching and strengthening are effective ways of decreasing hip pain without having to resort to medication.

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