

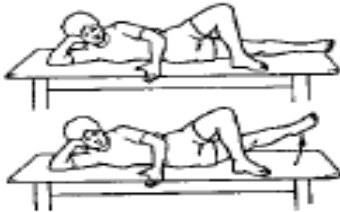
# Hip Pain

Hip exercises and stretches: Do all 7 (skip any that cause pain or popping)



## 1. Straight Leg Raise:

Tighten the muscle on top of thigh, raise the leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



## 3. Side Lying Hip Adduction:

Lying on side, tighten muscle on top of thigh, then lift leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



## 5. Hamstring Stretch:

Sit with leg straight on the bench, lean forward, keeping back straight. Hold 15-30 seconds. Repeat 2 times, each side.



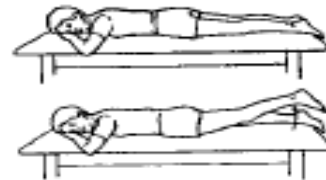
## 7. ITB Stretch:

Stand with the side you're stretching facing the wall. Lean your hip towards the wall, leaning at the trunk. Avoid bending forward at the waist. Hold 15-30 seconds. Repeat 2 times, each side.



## 2. Side Lying Hip Abduction:

Lying on side, tighten the muscle on the top of thigh, then lift the leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



## 4. Prone Hip Extension:

Lying on stomach, tighten the muscles on the top of thigh, lift leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



## 6. Quad Stretch:

Stand straight. Grasp your same ankle with same hand. Pull ankle towards buttocks. Avoid letting your knee go out to the side, and try to bring the knee you're stretching behind the one you're standing on. Hold 15-30 seconds. Repeat 2 times, each side.

Disclaimer: The following resources have been made available to you by the 25<sup>th</sup> ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.