

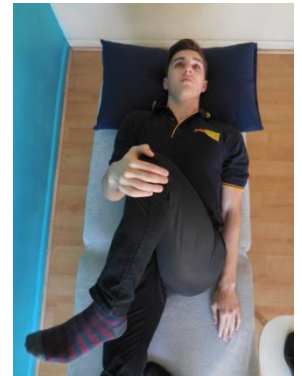
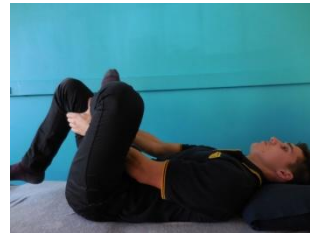


Hip Pathology Rehabilitation Guidelines

The guidelines and exercises described below are some of the more basic and effective strategies utilised to restore normal joint and muscle function following injury – your physiotherapist will discuss with you any specific adaptations, progressions and precautions that have been tailored to your individual presentation. Any acute injury should be assessed by your physiotherapist prior to starting a rehabilitation program.

1) Glute Stretch

- Option 1: Lying on your back, bend both knees up to 45 degrees. Place ankle of targeted leg on opposite knee and pull knee to chest
- Option 2: Lying on your back, pull your knee up towards your opposite shoulder
- Aim to hold stretch for 30 seconds
- **Do not push into pain**



2) Hip Flexor stretch

- Option 1: place foot up onto a chair behind you and stand up straight. Tuck the stretch knee behind the standing knee. You should feel a stretch in your thigh muscles
 - You can place a pillow on the chair, use a stool or arm of lounge to achieve desired height
- Option 2: pull your leg up behind you holding onto your ankle, standing up straight keeping your hip neutral
- Aim to hold stretch for 30 sec
- **Do not push into pain**



3) Isometric hip flexion

- Sitting on a chair, place hand on top of thigh
- Gently push up with leg and push down with hand
- Don't allow your leg to move, just feel a muscle contraction
- Vary pressure based on pain limits
- **Do not push into pain**



4) Clams

- Lie on your side with knees bent, feet, hips and shoulders in line, knees bent at 90 degrees
- Roll the top hip forward slightly, keep hand on hip
- Squeeze the top buttock to separate knees, you should feel a contraction in your glutes, before slowly returning to starting position
- Repeat exercise 10-15 times on each side



5) Standing hip abduction

- Standing up straight with theraband around foot, hitch working hip up to lift foot off the ground
- Keep your balance and slowly bring your leg out to the side, keeping knee straight
- Slowly bring leg back to starting position, but keep foot in the air and hold balance
- Repeat 10-12 times on each side



6) 4-way hip with theraband

- Flexion
 - Standing up straight with theraband around foot/ankle facing away from theraband attachment
 - Pull leg forwards as if you were taking a stride
 - Slowly bring leg back through to starting position
- Extension
 - Stand facing towards theraband attachment
 - Bring leg back behind your body keeping leg straight
 - Do not lean forwards
 - Slowly return to starting position
- Adduction
 - Start with working leg closest to theraband attachment
 - Pull leg across body until you touch your other leg
 - Slowly return to starting position

