

SHEET 13 Hip pain

Mobilisations for the hip

Do the following several times a day for at least 1 minute each time:

- Stand holding the side of a table and swing your leg backwards and forwards.
- Repeat swinging from side to side. **See Figure S13.1A,B**



Figure S13.1A,B

Active isolated stretching for the hip

The following stretches can be supplemented with others from the low back and leg, knee and foot stretching sheets as appropriate (see Sheets 8 and 14).

Gluteus medius muscle

- In a standing position, cross one leg over the other.
- Slide your hand down your leg as far as you can so that you bend your trunk and hips to the side.
- Hold for 2 seconds.
- Go back to the starting position.
- Do 10 repetitions of 2–3 cycles. **See Figure S13.2**



Figure S13.2

Adductor muscles

- In a lying position, take your leg out to the side as far as you can.
- Assist the stretch at the end with a rope or belt.
- Hold for 2 seconds, release and repeat.
- Do 10 repetitions of 2–3 cycles. **See Figure S13.3**



Figure S13.3