

Exercise Sheet

Lateral Hip Pain

This exercise programme will target the muscles around the hip which has been shown, by research, to reduce pain over time.

Static glute strengthening exercises.
Practice these twice per day.



Prone heel squeeze

Lying on your front, bend your knees to about 90 degrees and bring your heels together.

Press the heels together, to feel a squeeze in your buttocks. (Try to avoid straightening your knees during this exercise).

Hold this contraction for 5 seconds and repeat 10x.

Supine Clamshells



To start, lie down and place a resistance band around your thighs, just above your knees. This exercise can be done with a household item such as a scarf or dressing gown cord, in place of a resistance band if you don't have one.

Once the band is in place, with your knees bent and your feet flat on the bed/floor, push your legs apart from one another, into the resistance of the band.

Hold this contraction for 5 seconds and repeat 10x.

Strengthening exercises: Practice these once per day.



Squats

Stand up, with your feet slightly wider than shoulder width, in front of a chair. Bend your knees to lower your bottom to lightly touch the chair before immediately pushing back up to return to the standing position. (Make sure you refrain from using your hands to assist.)

Repeat 10x

Make this harder: practice this without the chair, as a 'free standing' squat to make it more difficult.

Make this easier: As you lower your bottom towards the chair, rather than just touching the chair, sit down fully and then repeat the action of standing back up.

Bridges



Lie down with your knees bent and your feet flat on the floor. Make sure your legs are slightly apart and parallel to each other.

Push your feet down into the floor to lift your bottom up. Do not over

arch your lower back. Hold this for 5 seconds and slowly lower back to the start position.

Repeat 10x

Make this harder: cross your arms over your chest so that you have less support. You can also practice this with your legs staggered. Place the affected leg closer to your bottom and the other one further away. This will bias the affected side, making it work harder.

Make this easier: Place a pillow between your knees.

What if the exercise is painful?

Exercising in pain is acceptable. It's worth knowing that pain during exercise does not mean you're harming yourself. If you experience more pain than you can comfortably tolerate or it impacts your ability to carry out the exercises the following day, then you may want to scale the difficulty back next time. If this happens, don't worry, you can try fewer repetitions or regress to the level below if applicable and then gradually build it up again. If you are struggling to find a suitable level of exercise, then seek professional help for further guidance.