



HIP BURSITIS

Home Exercises

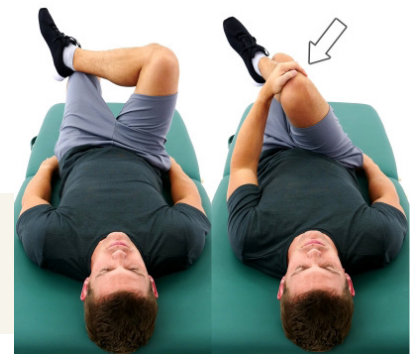
Trochanteric bursitis is inflammation (swelling) of the bursa (fluid-filled sac near a joint) at the outside (lateral) point of the hip known as the greater trochanter. When this bursa becomes irritated or inflamed, it causes pain in the hip. Some of the common causes are: an injury such as falling on the side of your hip, an overuse injury, and/ or incorrect posture. You may feel soreness when you press on the outside of your hip or lie on that side. The pain will often get worse with activities such as walking or climbing stairs. Pain can also spread, or radiate, down your thigh.

The goals of the below exercises are to maximize range of motion and flexibility and work to increase the strength and control of your hips/ core. Although some soreness with exercise is expected, we do not want any sharp pain-pain that gets worse with each rep of an exercise or any increased soreness for more than 24 hours. If this is the case, modify the exercises to decrease the number of reps or the frequency.

PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

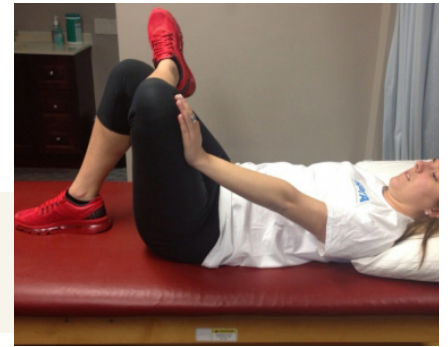
Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 2 Times a Day**



PIRIFORMIS STRETCH (Figure Four)

While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 2 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

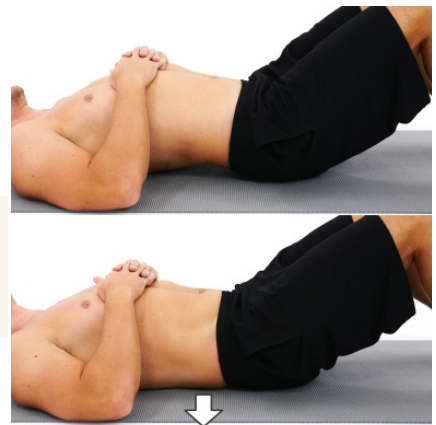
Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 2 Times a Day



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times Hold 1 Second
Complete 2 Sets Perform 2 Times a Day



PELVIC TILT WITH MARCH (I)

Lie on back with knees bent up and both feet on mat. Tighten your stomach muscles and flatten your back against the table. While holding this position, lift one leg up keeping a bend in the knee. Return leg down slowly. Alternate between lifting left and right legs, making sure to keep back flat on the table.

Repeat 10 Times

Complete 2 Set Perform 2 Times a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day



FROG BRIDGE

Start by lying on your back with the soles of your feet touching each other and your arms to your sides for support.

Next, press down with your legs and raise your buttocks up off the floor into a bridge position as shown.

Hold then, lower your buttocks to the ground back to the starting position and repeat.

Repeat 10 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

Tighten your stomach While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times **Hold 1 Second**

Complete 2 Sets **Perform 2 Times a Day**



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body or slightly behind.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times **Hold 1 Second**

Complete 2 Sets **Perform 2 Times a Day**



HIP HIKES

Start: Position yourself on a stool with one leg on and one off of the stool.

Movement: Hike the hip that is not on the stool up and then lower it down.

This should fatigue the weightbearing side and strengthen the glute medius on that side.

Repeat 10 Times

Complete 3 Sets **Perform 2 Times a Day**

