

Exercise Prescription: Repeated Hip Flexion

Purpose of Exercise:

This is a self-treatment for hip/groin/buttock pain can be used as one of the exercises to prevent this pain from recurring once you have achieved full recovery.

Frequency:

3-4 times per day or about once every 3-4 hours.

Starting Position:

Laying on your back with legs extended (1).

Exercise Description:

Begin by performing an abdominal brace. Flex the affected hip, bringing it towards you as far as possible (2). Now using your hands, pull your knee towards your chest as far as pain permits (3).

Hold this position for 2-3 seconds, then lower your leg back into the starting position. Repeat this movement 10-12 times per session.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

Pictures:



1



2



3