

## Exercise Prescription: Repeated Hip External Rotation Standing

### 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:

Standing facing a stable surface such as a chair or bench. The surface should be at knee height or above. Place the foot of the affected leg on the surface as shown.

### Exercise Description:

From the starting position, bring your knee outward as far as possible without moving your foot or rotating your pelvis. Pressure may be added on the inside of the knee with the hands to enhance this motion.

Hold this position for 2-3 seconds, then return 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:

