

Exercise Prescription: Repeated Hip Extension

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:

Kneeling on the affected side. A pillow/foam pad may be placed under the knee. Keep your spine in a neutral position and maintain this posture throughout the exercise.

Exercise Description:

Begin by performing an abdominal brace. From the starting position, slowly lunge forward as far as possible. Make sure to keep your torso upright. Try to extend the hip as much as possible, or if painful, to the edge of the pain. If this motion is painful, the pain should decrease gradually with each repetition. Press down with your hands into your knee as shown to help engage the core during this movement.

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

