

Strengthening exercises and advice for hip pain

Department of Physiotherapy

Information for Patients

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Introduction

Hip pain can affect people at any stage of life. It is more common as we get older. This is due to the normal aging process. Pain in your lower back may also spread into your hip joint or down the outside of your leg, otherwise known as sciatica pain.

What causes hip pain?

Hip pain can result from any of the following:

- Doing exercise or normal activities more often or more intensely.
- Starting a new sport or exercise may cause aching in few of your joints and muscles at first. This includes your hip joint, until your body adjusts to this new exercise.
- Doing less exercise, sport or activities will make your hip muscle weaker after a while. This can cause pain. The hip muscles become weaker with less activity.
- A fall onto your hip.
- Pain may occur as part of the normal ageing process that affects your joints. This can reduce the strength in the muscles that support your joints.
- If you have other medical conditions, for example, rheumatoid arthritis/ osteoporosis/ vitamin B deficiency.
- Weight gain increases the stress on multiple joints including your hip joint. Together with less exercise, this can increase pain, especially when standing or walking.
- Depression and anxiety can worsen joint pain.
- Pain spread from the lower back into the hip and leg joints.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I manage my hip pain?

At first you may try to manage the pain yourself using some of the self-help advice in this leaflet. If symptoms do not settle within a few weeks contact your GP. They will discuss with you if there is a need for you to be referred for further tests for example, an X-ray, blood tests or hospital appointment.

Self-help measures

The following may help reduce your hip pain:

- Put an ice pack (placed in a towel) or a wheat-filled heat pack on the painful area, for up to 15 minutes, several times a day.
- Pain relief medication. Your pharmacist will advise you which medication will work best.
- If your hip pain has developed after an increase in sport, exercise or activity, reduce the frequency/ intensity until symptoms have settled. Then slowly start your activity again. Make sure you give your body time to adjust.
- Keep yourself mobile. Walk little and often at first, rather than a long walk once a day. If symptoms start to improve, you can slowly increase the time you spend walking or exercising.
- Try to lose weight if this is an added cause for your hip pain. Even a small amount of weight loss can help ease hip pain.
- A good night's sleep can greatly aid your recovery.
- If you notice that anxiety and depression affect your hip pain, there are meditation and relaxation websites you can try.

Information from the NHS website can also be viewed here:

<https://www.nhs.uk/conditions/generalised-anxiety-disorder/>

<https://nhs.uk/conditions/clinical-depression/>

- Try the exercises shown in this leaflet.

If your hip pain does not improve after several weeks, contact the NHS helpline on 111 or visit your GP.

Exercises

Aim to do these exercises between 1 to 2 times per day.



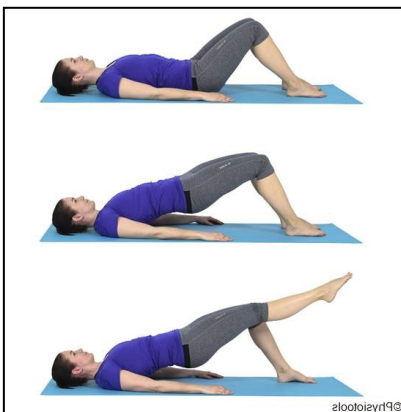
Stand holding onto support and take your leg out to the side.

Hold for 5 seconds. Repeat up to 10 times.



Stand holding onto support and take your leg out behind you.

Hold for 5 seconds. Repeat up to 10 times.



Lying on your bed/ floor, bend both knees and place arms by your side. Lift your hips/ back into a bridge.

Hold for 5 seconds. Repeat up to 10 times.

Progression: when in the bridge position, lift one leg keeping the knees parallel, as shown in last image.



Lying on your side, with affected hip uppermost. Keep your ankles together and your knees bent. Lift the top knee as far as you can, without letting your pelvis drop backwards.

Hold for 5 seconds. Repeat up to 10 times.

Hip stretches -

Aim to do these stretches between 1 to 2 times per day.



Sit on the floor/ bed, with one leg straight out and your affected knee crossed over it. Pull your knee towards your opposite shoulder. Feel the stretch in your buttock muscle.

Hold for 20 seconds. Repeat 3 to 5 times.



Lying on your back with knees bent. Rest the ankle of the leg to be stretched on top of your other knee. Put your hands on either side of your thigh as shown. Gently pull you knees towards your chest.

Hold for 20 seconds. Repeat 3 to 5 times.

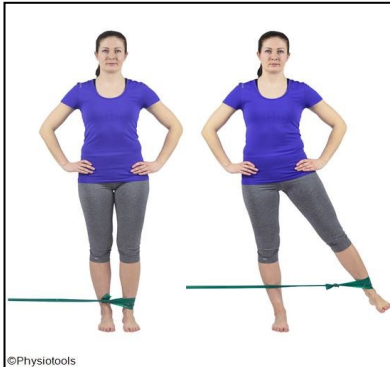


Lying on your bed / floor, straighten your lower leg. Bend the knee of your affected leg over and across your lower leg, and hold with your opposite hand. Place your affected side's arm out at the side at shoulder height. You will feel the stretch in your lower back and buttock muscles.

Hold for 20 seconds. Repeat 3 to 5 times.

Strengthening exercises

After 2 to 3 weeks, if your pain has improved try these strengthening exercises using a resistance band. Aim to do these exercises once per day.



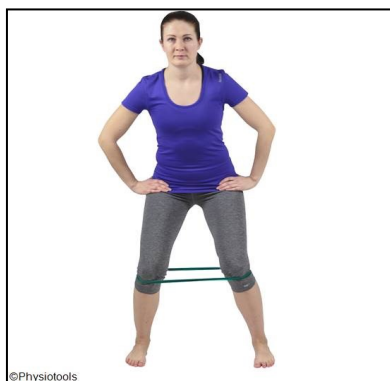
Stand with/ without support, with a resistance band around your ankle. Take your leg out to the side.

Hold for 5 seconds. Repeat up to 10 times.



Stand with/ without support, with a resistance band around your ankle. Take your leg behind you.

Hold for 5 seconds. Repeat up to 10 times.



Stand with a resistance band round both bent knees. Keep this position and walk side to side. You will feel this exercise working your buttock muscles.

Repeat up to 60 seconds. Repeat up to 3 times if this is not painful to do.

You can also try walking forwards and backwards.



Lie on your bed/ floor and support yourself on your elbow. Keep your top leg straight and lift.

Hold for 5 seconds. Repeat up to 10 times.

Progression: repeat the exercise using a resistance band looped around both ankles.



Contact details

Physiotherapy Departments: (Monday to Friday, 8.30am to 4.30pm)

Glenfield Hospital:	0116 258 3595
Leicester General Hospital:	0116 258 4070
Leicester Royal Infirmary:	0116 258 5816

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk