

## Phase 1: Leg Exercises

Unless your healthcare provider instructs you otherwise, begin your rehabilitation program with the exercises in this Phase 1 infosheet. For additional resources, including videos, to help you with your rehabilitation exercises, visit [Rx3 for Hip Pain online](#).

Perform 10 reps (repetitions) of each exercise in order (1–4), and then repeat the entire cycle for a total of 3 sets with minimal rest between exercises.

- 10 reps each
- 3 sets
- Cycle all exercises (back-to-back-to-back)
- Minimal rest between exercises

### 1. Side Lying Hip Abduction

**Starting position:** Lie on your uninjured side with your bottom knee bent, your top leg straight, and your top hip “rolled forward” to provide stability and balance.

**How to perform:** In a slow and controlled manner, lift your top leg in the air, leading with your heel. Hold for 5 sec and then slowly lower your leg to its starting position. You can use an elastic band to increase the difficulty if your leg’s weight alone is not challenging enough.

### 2. Standing Hip Extension

**Starting position:** Stand on your uninjured leg, keeping your knee straight.

**How to perform:** While keeping your balance (hold on to something if you need), keep the leg on your injured side straight and slowly lift it back and behind you, squeezing the glute as you move. Hold the position for 5 sec and slowly lower to the starting position. Add an elastic band to increase the difficulty if your leg’s weight alone is not challenging enough.

### 3. Single Leg Wall Reach

**Starting position:** Stand 3–5 feet away from a wall and balance on the leg on your injured side, keeping a slight bend in the knee.

**How to perform:** Keeping your back straight, hinge at the hip to bend over towards the wall as you kick your uninjured leg straight back behind you, and reach toward the wall with your fingertips. Pause briefly for balance and then slowly return to the starting position. You should feel the activity in the back of the thigh or glute muscles of the standing leg. Repeat using the other leg. One “rep” consists of both sides. Hold a light (5–10 lb) weight in your hands to make the exercise more challenging.

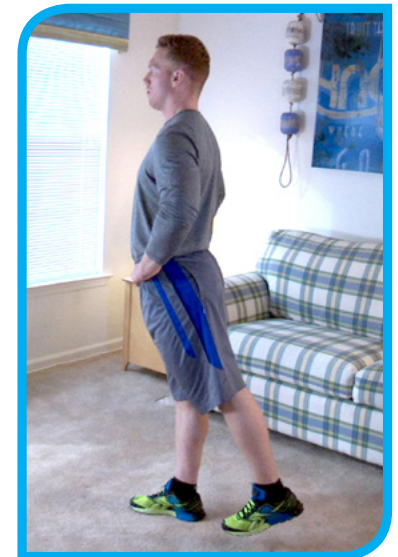


### 4. Step-ups

**Starting position:** Stand next to a low step (about 3–6 inches high), with the foot on your injured side on top of the step. Your entire foot should be firmly planted close to the edge of the step.

**How to perform:** Step up on the step using the leg on your injured side. Pause briefly before slowly returning to the starting position. Use a taller step only if you feel no pain and you can keep control and balance your body weight throughout the entire exercise set.

## Phase 1: Hip Pain



## Phase 1: Core Exercises

Perform each exercise in the order below, and then repeat 2 more times, alternating the exercises, for a total of 3 sets.

- 3 sets
- Alternate exercises (back-to-back)
- Minimal rest between exercises

### 1. Glute Bridge with Hold

**Reps:** 10x (with 5 sec hold)

**Starting position:** Lie face up on the ground, knees bent about 60 degrees, with your feet hip-width apart and firmly planted on the floor.

**How to perform:** Lift your hips off the floor, pushing through your heels and squeezing your glutes as you lift your hips. Hold for 5 sec. Do not overextend your back! You should feel the activity mostly in your legs. If you feel strain in your back, lower your hips a bit until you feel your legs and glutes take control, and hold there. Add time to each hold (up to 20 sec) to make the exercise more challenging.

### 2. Plank (knees down)

**Reps:** One (with 30 sec hold)

**Starting position:** Lie face down propped up with your forearms on the ground and your elbows under your shoulders, with both knees bent and a towel beneath to cushion your knees.

**How to perform:** Lift your hips off the ground, creating a “bridge” from your forearms to your knees. Keep your abs—your abdominal muscles—tight and your back flat as you hold the position for 30 sec. (Do this in front of a mirror so you can see that you’re keeping a straight body position.) To make the exercise more challenging, bridge from forearms to toes, lifting your knees off the ground. However, don’t try this unless you can keep a tight-ab, flat-back, straight position.

## Phase 1: Hip Pain



## Phase 1: Cardio component

Do some kind of low-impact cardio activity at least 3 days a week, and then 5 days a week as it becomes easier. As a general rule, don’t increase the volume or intensity of your cardio exercises more than 10% per week.

**Exercises:** Bike, walk, or swim

**How to perform:** The key is low-impact activity that doesn’t cause pain in your hip. At this initial stage, the intensity doesn’t need to be extreme, as long as you’re making progress.

**Duration:** 15–25 minutes



## Phase 1: Stretches

Perform in the order listed, holding each stretch for 30–60 seconds and taking a brief rest between reps.

- 2–3 reps
- 30–60 sec hold each
- Rest 5–10 sec

### 1. Self-Massage – Quad

**Starting position:** Lie face down on the floor with a tennis ball, foam roller, or similar object under your thigh on your injured side so the object is pinned between the floor and your thigh.

**How to perform:** Support your body weight with your forearms and toes, moving up, down, and around the thigh on the massage object. Try to relax your body, especially the thigh you're rolling. Give extra attention and time to areas in the muscles that feel sore.

### 2. Lying Quad Stretch

**Starting position:** Lie face down on the floor with the knee of your injured leg bent, holding your shoelaces or a towel looped around that foot.

**How to perform:** Press the front of your hip down against the floor by squeezing your glutes, and slowly pull the laces or towel until you feel a stretch in the front of your thigh. If you feel pain in your low back, place a pillow under your bellybutton and try the stretch again.

### 3. Lying Glute Stretch

**Starting position:** Lying face up on the ground with both knees bent, cross the leg on your injured side over the other, resting the ankle on

the opposite knee.

**How to perform:**

Keeping your back flat on the ground, grab the thigh on your uninjured side with your arms and pull it towards your chest. You should feel a stretch in the glute of the top leg.

### 4. Lying Hamstring Stretch (with towel)

**Starting position:** Lying face up on the ground, bend the knee on your injured side and loop a towel around that foot. The other leg should be extended straight and resting on the floor.

**How to perform:** Keeping a slight bend in the knee, slowly lift the leg on your injured side into the air, using the towel for support. You should feel a stretch in the back of the thigh of your raised leg.

## Progression

- Perform all the exercises outlined in Phase 1 for at least 3 weeks.
- Move on to Phase 2 when you are able to complete all the Phase 1 exercises for the maximum recommended sets and repetitions for at least 3 days a week.
- If you have pain with the Phase 1 exercises, or if you have questions about when you should progress to the next phase, consult your healthcare provider.

## Phase 1: Hip Pain

