

Getting a leg up on hip pain

Exercise is one of the best things you can do to help your hips. It helps maintain range of motion and strengthens the muscles that support your hips.

Stretching the muscles and tendons that surround the joint can also help ease pain from some hip problems and reduce the risk of some injuries.

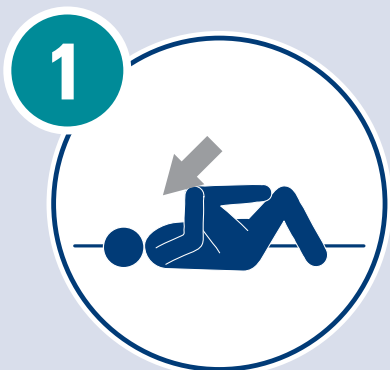
Choosing the right type of exercise is very important when you have hip pain. To protect your hip joint, these exercises are the preferred choices, according to the Arthritis Foundation:

- Walking in a shallow pool.
- Walking on a flat surface, whether it's outside or on a treadmill.
- Swimming (being sure to kick gently).
- Taking a bike ride or riding a stationary bike.
- Doing yoga.
- Strengthening your upper body



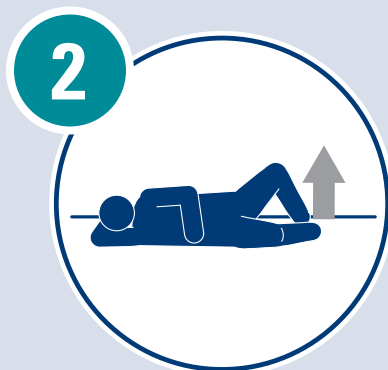
Hip Pain Exercises

When hip pain interferes with your daily life, it's good to know that there are things you can do to get relief. Try these simple hip exercises to relieve pain, restore your range of movement, and promote strength.



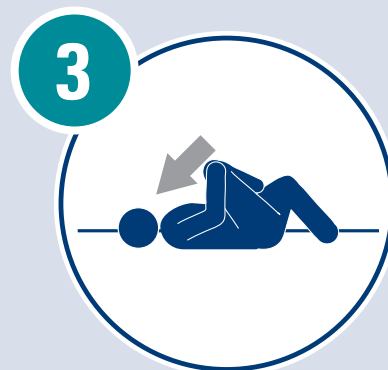
Knee to Chest Stretch

Either on the ground or a firm bed, lay on your back with your knees bent and feet flat on the ground. Bring one knee to the chest and pull in gently with both hands at the knee. **Hold for 30 seconds, two times each leg.**



Clam Exercise for Strengthening

Laying on the ground or a firm bed, start on your side with the core engaged. Bend the knees in to about 45 degrees toward the chest. Keeping the heels together, lift the top knee toward the sky, not allowing the top hip to roll back. **Repeat this, ten times to each side.**



Piriformis Stretch

Either on the ground or a firm bed, lay on your back with your knees bent and feet flat on the ground/bed. Cross the outside of one ankle onto the top of the opposite thigh. Reach down and grab the outside of the knee and the lower leg with each hand and pull towards your chest. **Hold for 30 seconds, two times each leg.**