

Hip Impingement Syndrome

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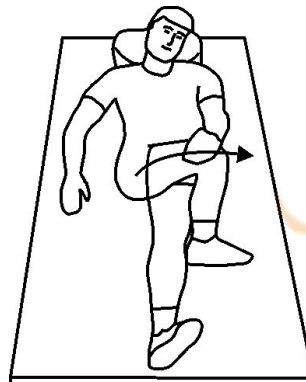
Hip flexion stretch:



- Get on a kneeling position.
- Bring the unaffected knee to the front so it is bent almost at 90 degrees.
- Push the affected leg little back, so you can get into a position as shown in the picture.
- Slowly lean forward towards to unaffected leg so that you feel stretch on the front of thigh.
- Hold for 20 seconds, repeat 3 times.

Piriformis stretch:

- Lying on your back, bend your hips and knees.
- Bring the affected leg inwards as it crosses the other leg, keeping the other leg straight.
- With your hand, as shown in the figure, you can gently press on the knee to feel a deeper stretch.
- Hold for 20 seconds, repeat it 3 times.



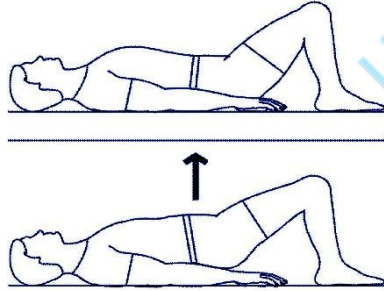
Hip Adductor stretch:



- Sit on the floor, with both knees bent, and sole of the feet touching each other.
- Lean forward, and you should feel stretch on the inner side of the hip.
- For a deeper stretch, you can gently press down both knees as shown in the figure.
- Hold at the point where you feel a bearable stretch for 15 to 20 seconds.
- Repeat three times.

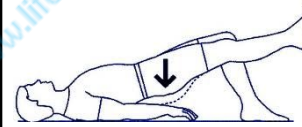
Bridging:

- Lay down on your back.
- Bend both knees, hands on side in relaxed position.
- Gently lift your pelvic area up while pushing down with your heels.
- Hold it for 3 to 5 seconds if you can.
- Repeat 10 times twice a day.



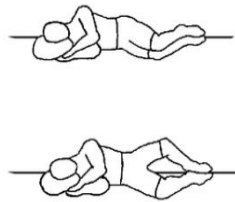
Modified Bridging

- The modified bridging can be done as shown in the picture here.
- Here lift one leg up with knee straight, while performing bridging.
- Another modification is, to lift your hands up, and one leg up while bridging.
- With all bridging exercises, one needs to tighten abdominal muscles.
- You can also perform pelvic tilt exercises with bridging.
- Hold 3 to 5 seconds, repeat 3 sets of 10.



Clam shells:

- Lay down on unaffected side with both knee 90 degrees bent.
- Keeping both feet together, slowly open and close your legs.
- Don't rock your pelvis with the exercise.
- Also make sure your back remains straight throughout the exercise session.
- Repeat it 10 times.



SLR in prone position:

- Lay down on your stomach.
- Lift your leg with knee straight.
- Make sure your hips remain in contact with the ground or surface you are on.
- Hold for 3 to 5 seconds, repeat it 10 times.

