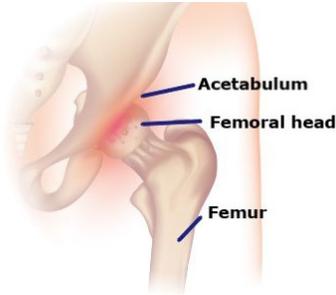


The Hip

The hip joint known as a ball and socket joint and is classed as a synovial joint. The ball of the hip joint is made up of the head of the femur (thigh bone), whilst the concavity of the socket is created by the acetabulum, which is a cup-like depression within the pelvic bone.

The main function of the hip joint is to support the body's weight in both standing, running or walking. The hip is very important for maintaining balance, and damage to the hip may cause impairments in all the functions the joint has.



Movements at the hip include:

- Flexion
- Extension
- Abductors
- Adductors
- Internal rotators
- External rotators

These are all controlled by muscles that are attached and sometimes become weak and painful due to injury or repetitive movement. Exercises aid in maintaining strength, range of motion and prevention of re- injury.

An Exercise Tip: If your hips feel painful and stiff, try warming them up before you exercise. This can make it easier to move and stretch. Use a bean bag or soak the muscles in warm water for about five to 10 minutes. Be Careful not to burn.

Medication to reduce pain

Please consult with a doctor for the best form of medication for your condition.

Ice

- Putting an ice pack on your hip can reduce inflammation and ease pain.
- Never put ice directly on your skin, as this can burn or irritate it. You can apply ice for up to 20 minutes several times a day.

Disclaimer: Information given in this brochure is purely to make people aware of general Hip exercises to increase range of motion and strength. Consult your doctor or physiotherapist if you feel an increase in Hip pain.

Attribution Credits:

Anatomy: [ahref="https://www.injurymap.com/diagnoses/osteoarthritis-in-the-hip">https://www.injurymap.com/diagnoses/osteoarthritis-in-the-hip](https://www.injurymap.com/diagnoses/osteoarthritis-in-the-hip)>Pain in your hip joint Modifications: Labelling License: Creative Commons 4.0

Exercises: Deirdre MacMaster and Anke Cloete

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Hip Exercises



Hip Exercises for Mobility and Strength



Hip Flexion: March on the spot, lifting knees into a 90-degree angle. This will aid in mobilisation and strengthening of Hip Muscles

Sets: ____ Repetitions: ____



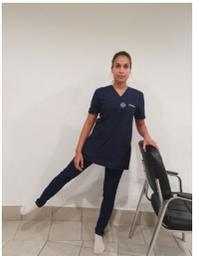
Buttock Kicks: Bend knee to try and kick buttock with heel.

Sets: ____ Repetitions: ____



Hip Extension: Stand and kick your leg backwards, squeeze your buttock for 5 second and relax.

Sets: ____ Repetitions: ____



Hip Abduction: Standing holding onto a chair or wall. Kick your leg out sideways. Hold for 5 seconds and bring back to neutral.

Sets: ____ Repetitions: ____



Squats (mini): Slowly Squat down until your knees are aligned with toes. Hold for 5 seconds. Hold on to a surface for support if need be.

Sets: ____ Repetitions: ____



Short arc Quadriceps strengthening: Place a towel under the knee and lift heel off bed with toes pointing upwards. Hold this position for 5 seconds and relax and repeat.

Sets: ____ Repetitions: ____



Quadricep contractions:

Pull your toes and ankles towards you, while keeping your leg straight and pushing your knee firmly against the floor.

You should squeeze and the tightness in the front of your leg. Hold for 10 seconds and relax. Can be done in sitting as well.

Sets: ____ Repetitions: ____

Bridging:

Laying on your back with your knees bent and feet flat on the floor or bed. Lift your buttocks and lower back off the floor. Hold the position for five seconds and then lower down slowly.



Sets: ____ Repetitions: ____

Stretches: The below two stretches can be done after all other exercises.



Follow the arrows in the picture and hold each stretch for 10-15 seconds. If it is too difficult or painful don't push or pull too hard while stretching.



Sets: ____
Repetitions: ____