

## CAUSES OF HIP PAIN

### BURSITIS

Feels like pain on the outside of the hip that is aggravated by lying on the painful side, walking, and climbing stairs. It is more common if you are over 60 years old.

### SOFT TISSUE INJURY

Common muscles affected are the inner thigh, hip flexor and gluteus (butt) muscles. Could appear as a form of tendonitis or an overuse injury due to repetitive motions like running, or kicking.

### ARTHRITIS

Age related changes due to the breakdown of cartilage which causes pain that is typically felt deep in the groin and impacts most of your day - to-day activities.

### HIP IMPINGEMENT –LABRAL TEAR

Hip impingement can occur in the front or back of the joint and presents as deep groin pain, and is often accompanied by feelings of pinching if the knee is brought too close to the chest. Labral tears often accompany impingement but not always. Labral tears can present as deep groin pain and more often in athletic populations. In addition to pain, popping is common and it can feel like the hip is catching.

### BEST EXERCISES FOR ALLEVIATING MANY KINDS OF HIP PAIN



Waistshaperz.com



Physio-logical.net

### STANDING HIP EXTENSION

Hold onto a supporting surface to safely balance. Move just the hip back to mimic walking. It will only lift about 1 -2 inches off of the ground. You should only feel this in the buttocks on each leg: the side of the leg you are standing on, and the back of the hip you are working, NOT in your low back.



sportandspinalphysio.com.au

### SINGLE LEG BALANCE

Balancing on one leg uses the buttocks muscles which can help improve their strength. Pausing to balance on one foot when walking is all buttocks activation to assist with pain free movement. **FUN FACT:** British Journal of Sports Medicine says that people who balance more than 10 seconds will likely live longer!

### BRIDGES

Start flat on your back and lift the hips straight to the ceiling without tipping your pelvis any direction. Do not lock out your joints at the top of the movement so you feel the back of your legs and your butt muscles working. Hold for about 5 seconds and try to complete 30. If this is too easy you can add a resistance band over the knees and apply gentle pressure outwards towards the band.

