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Hip Pain: Self Tests and Exercises

There are three main causes for hip pain: Wear and tear of the hip joint, stiff muscles surrounding the hip joint and weak muscles surrounding the hip joint. By performing the hip tests, you will be able to find out what is causing your hip pain. Once you know the cause of your hip pain, you can then move on to the correct exercises. You will find the correct exercises for each cause of hip pain in the latter half of the corresponding video. This is probably the only video you need if you want to beat your hip pain!

1 - Three tests - What is Causing Your Hip Pain?

Test for WEAR & TEAR of the Hip Joint



If your hip pain is caused by WEAR AND TEAR of the hip, you will experience a pain in your groin area.

- 1** - Using a wall sit upright.
- 2** - Toes MUST be pointing upwards.
- 3** - Keep your knees straight!
- 4** - Turn your foot as far inwards as you possibly can.
- 5** - Both your left and your right feet should be equal.
- 6** - Signs for WEAR AND TEAR in the hip shows when one foot can come in and the other foot doesn't turn at all.
- 7** - If this occurs bend your knees a little bit and to do the same test again.
- 8** - Your feet need to be equally turned inwards on both sides.

If only one turns in, this is more than likely a sign of some hip WEAR AND TEAR.



1 - Three tests - What is Causing Your Hip Pain? *continued*

Test for TIGHT HIP Muscles



- 1 - Using a sturdy chair, sit upright.
- 2 - 90-degree angle in your knees.
- 3 - You will see in these pictures there is a difference between the right and the left hip.
- 4 - Right hip first.
- 5 - Place your right ankle on top of your left knee.
- 6 - Create a 90-degree angle in both shins.

Your lower leg should be perpendicular to the floor. If this is the case, you have pretty good mobility in the hip & muscle. Meaning your hip pain is not caused by any muscle tightness!

Now look at the same test the left side, can you see the difference in the pictures?



The left hip is stiffer than the right hip. I am struggling to create a 90-degree angle. If this is the case, you should feel this on the outside of your left hip. This shows the muscles on the outside of left hip are too stiff and **TIGHT**.



Test for WEAK HIP Muscles



Final test to determine if your hip pain is caused by weakness in the muscles surrounding the hip joint and hip area.

- 1 - Stand on one leg, squat down.
- 2 - Use a sturdy chair on the side for balance if required, but not for weight-bearing.
- 3 - Look at your knee in relationship to your toes.
- 4 - Could you draw a straight line down through the middle of your kneecap to your toes? (see next page if yes).
- 5 - Your knee should sit between your first and your second toe.



1 - Three tests - What is Causing Your Hip Pain? *continued*

Test for WEAK HIP Muscles *continued*



If yes, then you pass the test and the hip pain that you're experiencing is not caused by any muscle weakness around the hip.

However, if your knee collapses, your hip is not strong enough to bear the weight of your whole body on one leg.

If you look down at your knee and your knee sits beyond the first toe, more towards the middle that is a sign of hip weakness, you may need to strengthen the hips surrounding your muscles.



2 - WEAR & TEAR EXERCISES

Easy Hip Mobility



1 - Sit in a half kneel sit.

2 - Back knee at 90 degrees.

3 - Forward knee at 120 degrees. I'm going to demonstrate this on the forward leg.

4 - Place your right hand on top of your right foot.

5 - Shift your whole-body weight to the front creating a 90-degree angle in your hip.

6 - Whole body weight comes to the front.

7 - Straighten your spine, rotate towards your hips.

8 - Turn your whole body towards your hip. Feel the stretch on the outside of your hip and in your groin.

9 - Hold 10 seconds.

10 - Return to the starting position.

11 - Repeat x5 times.

Do this every day to mobilise your hips.



2 - WEAR & TEAR EXERCISES *continued*

Active Pigeon



- 1 - Sit in a half kneel sit, this time your 90-degree angle is in your front leg.
- 2 - Place your hands in front of your legs.
- 3 - Straighten your left leg.
- 4 - Roll over the foot.
- 5 - Drop your leg as far down as you possibly can.
- 6 - Hold for 10 seconds.
- 7 - Repeat x5 times.



Ideally get that knee on the floor or as close to the floor as you possibly can. This is a great way of creating increased mobility in your hip.



Pigeon Pose



- 1 - Start off with Active Pigeon and move your leg outwards.
- 2 - Drop your leg down to a 45-degree angle towards your body.
- 3 - Place your hands forward.
- 4 - Roll over your hip.
- 5 - Keep your back leg straight.
- 6 - Hold for 10 to 15 seconds.



3 - TIGHT HIP MUSCLE EXERCISES

Adductor Stretch



- 1 - Sit up straight against a wall.
- 2 - Ensure your heels are as close to your body as possible.
- 3 - Drop your legs outward. You should feel this now in your inside of your thighs/groin area.
- 4 - Hold onto your feet.
- 5 - Push your knees down.
- 6 - Hold for 10 seconds.

To advance this exercise lean forward slightly.



- 7 - Hold onto the front of your feet.
- 8 - Push your knees down as far as you can.
- 9 - Lean forward, again you should feel the stretch in the thigh/groin area.
- 10 - Hold for 10 - 15 seconds.
- 11 - Repeat x5 times.



Gluteus Medius & Piriformis Stretch



- 1 - Sit upright.
- 2 - Straighten your left knee.
- 3 - Place your right foot on the outside of your left knee.
- 4 - Pull your right knee towards your chest.
- 5 - Turn your body towards your right hip.
- 6 - Hold for 10 seconds.
- 7 - Repeat x5 times. Repeat process for the opposite leg.

To advance this, place your left hand behind yourself, pushing out and rotating even more.



- 8 - Hold for 10 - 20 seconds, repeat x5 times – 10 reps daily.



3 - TIGHT HIP MUSCLE EXERCISES *continued*

Hip Hook Stretch



- 1** - Lay on your back
- 2** - 45-degree angle in your hips.
- 3** - 90-degree angle in your knees.
- 4** - For the right hip, hook your left heel on the outside of your right knee.
- 5** - Pull your leg down as far as you can.
- 6** - Spread out your arms, make sure your upper body stays in close contact to the ground.
- 7** - Hold for 10 - 20 seconds.
- 8** - Repeat x5 times – 10 reps daily.

You can advance this a little bit by moving your knee down a bit more, your hip upwards, your knee upwards and pull your knee down again.



Iliopsoas Stretch



- 1** - Using a cushion place one knee on the ground.
- 2** - You should have a 90-degree angle in your knee and a 90-degree angle in your hip.
- 3** - Tilt your pelvis backwards to create more stretch on the muscle.
- 4** - Hold this pose and move yourself forward.
- 5** - Do not move your upper body forward, keep your body upright.
- 6** - Now move your whole body forward, you should feel the pull in the groin area.
- 7** - Raise your arms in the air, keep your pelvis tucked under!
- 8** - Arms in the air, lean forward, you should feel the stretch on the side now.
- 9** - Tilt or twist your pose a little, you can accentuate different bits of the muscle where you feel the most stretch in the muscle.
- 10** - Hold for 10 seconds.
- 11** - Repeat x5 times.



4 - WEAK HIP MUSCLE EXERCISES

Internal Rotation



- 1 - Using a TheraBand create a loop and knot.
- 2 - Place your opening over your right foot.
- 3 - Stand on band using your left foot, do this to create a bit more pull.
- 4 - Sit upright, placing your right fist between your knees to ensure your knees stay together.
- 5 - Apply pressure on your fist with both knees.
- 6 - Move your leg outward, feel the pull in the outside of your hip.
- 7 - Ensure your toes are always facing forward.
- 8 - Lift your foot up a little bit.
- 9 - Sit upright, move your foot to the side.
- 10 - Repeat x10 times x 3 sets.



Abduction



- 1 - Hold onto the TheraBand attached to your ankle.
- 2 - Stand upright again.
- 3 - Stand on the TheraBand with your left foot.
- 4 - Keep a straight knee, ensuring your toes are always pointing forward.
- 5 - Raise your foot up a little and to the side.
- 6 - Use a sturdy chair on the side for balance if required.
- 7 - Repeat x10 times x 3 sets.

Make sure your toes do not point out to the side because you will strengthen a different muscle!



4 - WEAK HIP MUSCLE EXERCISES *continued*

Flexion



- 1 - Stand on the TheraBand with your left foot.
- 2 - Keep a straight knee, ensuring your toes are always pointing forward.
- 3 - Raise your foot up a little and to the front.
- 4 - Move your foot forward and back and forward and back and repeat.
- 5 - Use a sturdy chair on the side for balance if required.
- 6 - Repeat x10 times x 3 sets.

**All these exercises
combined really help
to create a strong hip.**



**Scan to watch
the video**



Link to video:

<https://youtu.be/D5CDgMW4Bns>

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