

HIP EXERCISES

EXERCISES FOR HIP OSTEOARTHRITIS

ASSISTED HIP FLEXION STRETCH



Lying on your back, bring your knee toward your chest with your hands and push until you feel a tightness. Keep your other leg fully extended. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension decreases. With practice, you can extend the length of the stretch, **but you should never feel pain**. Switch legs.

Goals:

- Improve hip joint balance.
- Stretches the iliopsoas and extensor muscles.

LYING HIP ROTATOR STRETCH



Lying on your back, rotate one leg outward, trying to touch the outside of your foot to the floor. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension subsides. With practice, you can extend the length of the stretch, **but you should never feel pain**. Switch legs. Rotate the leg inward.

Goals:

- Improved hip joint balance.
- Relief of hip tension and stiffness.
- Stretching of the internal and external rotator muscles.

HAMSTRING FLOOR STRETCH

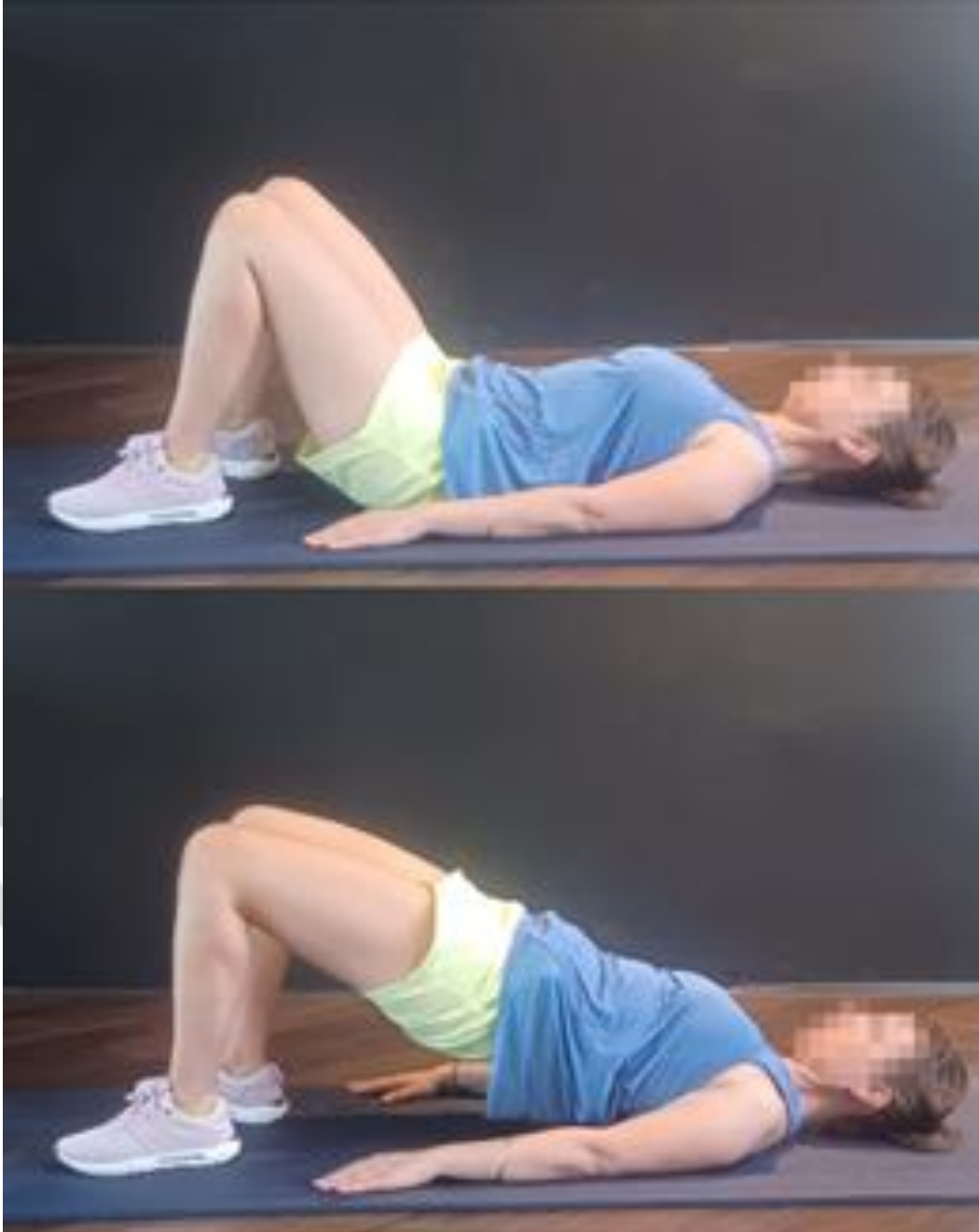


Lie on your back. Arms flat on the floor, parallel to your body. Flex one hip, raising your leg with your knee extended as far as possible until you feel a stretch. Support your thigh with your arms. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension decreases. With practice, you can extend the length of your stretch, **but you should never feel pain**. Switch legs.

Goals:

- Improved hamstring flexibility.
- Lower back tension relief.
- Improved pelvic positioning and hip joint balance.

BRIDGE EXERCISE



Lying on your back, arms flat on the floor, parallel to your body. Knees bent, feet supported. Flex your hips upward until your thighs are aligned with your torso. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Strengthen gluteal muscles.
- Activate hamstring muscles.
- Stabilize your core.
- Improve overall postural control.

STRAIGHT LEG RAISE EXERCISE



Lie on your back. Arms flat on the floor, parallel to your body. Bend one knee and place it on the floor. Raise the other leg, fully extending the knee, and hold it elevated about 30 cm. Hold the position for 5 seconds.

Perform:

- 10 reps.
- 3 sets.

Goals:

- Strengthen quadriceps and iliopsoas (hip flexors).
- Strengthen lower abs.
- Core stabilization.

SIDE-LYING LEG RAISE EXERCISE



Lie on your side with the leg you want to stretch facing upward. Raise your leg straight, without bending it, about 30-40 cm. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of the hip abductors, especially the tensor fascia latae.
- Improved pelvic and hip stability.

LYING HIP EXTENSION EXERCISE



Lying face down. Roll your lower abdomen. Extend one leg upward without bending your knee or rotating your hip. Hold for 5 seconds.

Performance:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of hamstrings and gluteus maximus.
- Improved pelvic and lumbar spine stability.

STANDING HIP FLEXOR STRETCH



Stand facing a wall. Bend your knee and grab the ankle of the leg you want to stretch. Bring your heel toward your glutes and your knee back until you feel a tightness. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension decreases. With practice, you can extend the length of your stretch, **but you should never feel pain.**

Goals:

- Relieve tension and stiffness in the front of the hip.
- Improve posture and prevent pelvic anteversion.
- Improve joint balance and hip flexibility.

SUPPORTED SQUAT EXERCISE



Stand with your back against a wall. Lower yourself by bending your knees and hips. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Muscle strengthening of the quadriceps, glutes, and hamstrings.
- Core stabilization.
- Improve postural control.

STANDING HAMSTRING STRETCH



Standing. Flex your torso, trying to touch your toes with your fingers. Avoid bending your knees. Progress until you feel tightness. When starting the stretch, it's crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then **hold that position** for a while until the tension decreases. With practice, you can extend the length of your stretch, **but you should never reach the point of pain.**

Goals:

- Improve hamstring flexibility.
- Relieve tension in the back of the thigh.
- Relieve and prevent lower back pain.

STANDING HIP EXTENSION EXERCISE



Stand facing a wall. Place both hands on the wall. Extend one leg back, without bending the knee, and lift your foot off the floor. Do not rotate your hips or arch your spine. Hold the pose for 5 seconds.

Perform:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthening of the gluteus maximus and hamstrings.
- Relieve tension and stiffness in the posterior thigh.
- Improve pelvic and core stability.

[Make an appointment with Dr. Jordi Jiménez.](#) He will see you in the center of Palma de Mallorca and help you regain your quality of life.