

HIP EXERCISES

EXERCISES FOR ILIOTIBIAL BAND SYNDROME

ILIOTIBIAL BAND STRETCH



Standing. Cross the leg on the side you're stretching behind you. Place your arms above your head, clasping your hands. Lean sideways toward the side you crossed your leg behind until you feel a feeling of 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 subsides. With practice, you can extend the length of your stretch, **but you should never feel pain**. Switch legs.

Goals:

- Tension relief on the outer side of the hip.
- Stretching of the iliotibial band and tensor fascia lata muscle.
- Improving hip joint balance.

GLUTE AND PYRAMIDALIS STRETCH



Seated. Cross the leg you're stretching over the thigh of the leg you're stretching on the floor. Place your foot flat on the floor outside the knee of the stretched leg. Pull your knee with your hand toward the shoulder opposite the leg you're stretching 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:

- Relief of gluteal and piriformis tension.
- Relief of piriformis syndrome.
- Improved joint balance and hip flexibility.

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 stretch. 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.

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. Hold 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.

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.

BRIDGE EXERCISE WITH LEG LIFT



Lying on your back, arms flat on the floor, parallel to your body. Knees bent, feet supported. Inhale and exhale as you raise your pelvis and align your thighs with your body. Lift one foot with your knee straight. Hold for 5 seconds. Return to the starting position and repeat with the other leg, leaning to the other side.

Performance:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthening of the core, gluteus maximus and medius, and hamstrings.
- Improved spinal posture.
- Improved pelvic 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.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

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

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:

- Strengthening the gluteal muscles.
- Activation of the hamstring muscles.
- Core stabilization.
- Improved overall postural control.

TRICEPS SURAE STRETCH



Stand facing a wall. Move the leg you want to stretch back, keeping the knee straight, without lifting off the floor. Next, bend your arms forward and bend the front knee 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 the stretch, **but you should never reach the point of pain.**

Goals:

- Relief of tension and stiffness in the calf.
- Calf and soleus stretch. Relief of heel and foot pain.

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.

[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.