

Hip pain

Move slowly and stay in a range that feels comfortable. Mild stretch or effort is fine; sharp pain is a signal to stop.

Name: _____

How often: _____

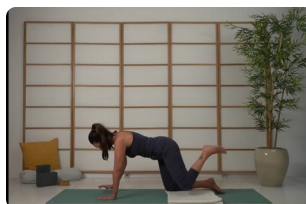
Clinician: _____



1. Glute bridge

10 slow lifts

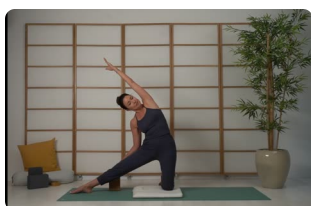
1. Lie on your back with your knees bent
2. Breathe out and press your feet into the floor
3. Lift your hips just a few centimetres
4. Lower slowly, one bone at a time



2. Bird-Dog

5 each side

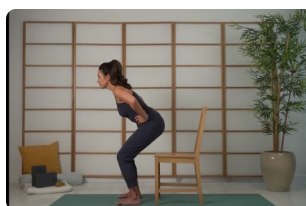
1. Set up on hands and knees in a neutral back
2. Reach one arm forward and the opposite leg back
3. Keep both hips level throughout
4. Make the range smaller if the middle wobbles



3. Gate pose

30 seconds each side

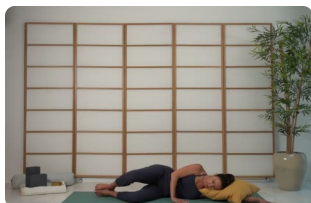
1. Kneel on one knee with padding underneath
2. Stretch the other leg out to the side
3. Reach the opposite arm overhead
4. Bend directly to the side over the extended leg
5. Then change sides



4. Chair pose

5 slow reps

1. Sit toward the front of a firm chair
2. Lean your chest forward over your knees
3. Press through your feet and stand up
4. Sit back down slowly



5. Clamshell

10 to 12, sore hip up

1. Lie on your side with your knees bent to roughly forty-five degrees
2. Keep your feet together and lift the top knee
3. Lower with control and repeat

THE GUIDANCE BEHIND THESE MOVEMENTS

- Mellor et al., education plus exercise versus corticosteroid injection versus wait and see for gluteal tendinopathy, LEAP randomised trial (BMJ 2018). Education plus exercise outperformed both a corticosteroid injection and a wait and see approach on global improvement and pain, in 204 people with confirmed gluteal tendinopathy.
- NICE NG226, osteoarthritis in over 16s (2022). Therapeutic exercise tailored to the person, including local muscle strengthening, is offered to everyone with osteoarthritis, hip included.



Scan to watch every movement on video

and get a free guided session built around your body: vinys.app/condition/hip-pain

First practice free. No account or card.

Move within a range that stays comfortable. Stop if this brings on sharp pain, dizziness, or symptoms that travel down an arm or a leg, and speak to a clinician before repeating it. Free to print and share: vinys.app/for-clinicians