

# Hip Pain

## Physiotherapy management

Hip pain may be a result of muscle overuse or overloading of the joint. With proper pain management strategies, such as adopting an active lifestyle and learning suitable exercises as advised by your physiotherapist, your condition may improve over time.

## Tips for managing hip pain

### 1. Moderate activity:

Pace yourself while performing daily activities such as household chores or walking. Gradually increase the duration or intensity of such activities each day. Moderation is key and you should avoid over-exerting yourself or adopting a sedentary position such as complete bed rest.

### 2. Pain management:

- Apply either a hot or cold pack for 10-15 minutes over the area of pain. Do not place the hot or cold pack directly on to your skin. Ensure that you wrap the hot or cold pack with towels to prevent skin burns. Do not apply a cold pack immediately after a hot pack, and vice versa.
- You may take the painkillers prescribed by your doctor when necessary.

### **3. Movement and exercise:**

Exercise helps to alleviate hip pain. It is recommended that you start with simple aerobic exercise to improve movement and function. For example, cycling, walking or aqua aerobics.

### **4. Follow up:**

It is recommended that you follow up with your healthcare provider for a review and evaluation on your progress and exercise regime.

### **5. Take note:**

If you experience any of the following symptoms, please see your general practitioner or the Emergency Department in the hospital:

- Increase swelling, pain and/or stiffness
- Unremitting pain even after medication, ice pack or hot pack
- Activities such as walking, standing, sitting and/or stairs are greatly affected

## Exercises

Perform the following exercises that may relieve the pain and tightness at the hip.



### Exercise 1: Bridging

- Bend your knees at a 90° angle with feet placed shoulder-width apart.
- Press the feet firmly on the bed and raise the buttocks off the bed slightly.
- Complete 10 repetitions, 3 times a day.



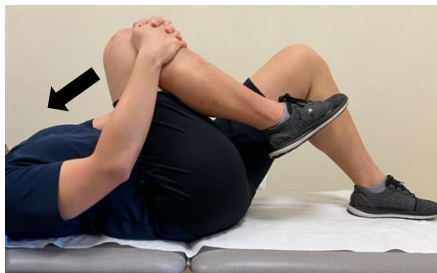
### Exercise 2: Straight Leg Raise

- Straighten your knee and lift your leg up and lower it down with control.
- Complete 10 repetitions, 3 times a day.



### **Exercise 3: Side-lying Clams**

- Lie on the unaffected side of your hip.
- Bend your knees at a 90° angle and keep the feet aligned with your hips.
- Lift the top knee up and down without moving your hips and ankles.
- Complete 10 repetitions, 3 times a day.



### **Exercise 4: Single Leg Hug**

- Hug one knee towards your chest.
- Keep the other knee bent.
- Repeat the first two steps with the other knee.
- Complete 10 repetitions, 3 times a day.

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