

Here is a basic corrective and rehab exercise program for hip pain. This program includes exercises that focus on improving hip mobility, flexibility, and strength to help alleviate pain and improve joint stability. Always check with a healthcare professional before starting a new exercise program, especially if you have significant pain or medical conditions.

### **1. Warm-Up: Light Cardio (5-10 minutes): Walk, Cycle, or Use an Elliptical:**

Low-impact cardio helps increase blood flow to the hip muscles and joints, making the following exercises safer and more effective.

### **2. Hip Mobility Exercises (1-2 sets of 10-15 reps per side)**

**Squats:** go into in a full squatted position, and hold for 30 seconds. Do 5 repetitions.

**Hip Circles (“Open/Close the Gate”):** **How:** Stand on one leg, lift the other knee to hip height, and draw small circles in the air with your knee, in both directions (inward and outward). **Purpose:** Increases range of motion in the hip joint, improves joint stability, and helps warm up surrounding muscles.

**Leg Swings:** **How:** Stand next to a wall for balance, swing one leg forward and backward in a controlled motion. Repeat with the other leg.

**Purpose:** Enhances hip mobility, loosens tight hip flexors, and prepares the hip joint for movement.

### **3. Stretching Exercises (Hold each stretch for 20-30 sec, 2-3X each side)**

**Figure-Four Stretch:** **How:** Lie on your back with knees bent. Place your right ankle over your left thigh. Grab your left thigh and gently pull toward your chest. **Purpose:** Stretches the glutes and piriformis, which can reduce pressure on the hip joint.

**Hip Flexor Stretch/Warrior Pose:** **How:** Kneel on one knee with the other foot in front. Shift your weight forward while keeping your back upright, raising your hands overhead, feeling a stretch along the front of the hip on the kneeling side. **Purpose:** Stretches the hip flexors and quads, which often become tight from prolonged sitting.

**Inner Thigh Stretch (aka Butterfly Stretch):** **How:** Sit with your feet together and knees bent out to the sides. Gently press your knees.