

Front of Hip Pain (Hip Flexor Tendinopathy)

Including snapping hip: home program

Irritation of the hip flexor tendon causes pain in the front of the hip or groin, sometimes with snapping. It often follows a jump in activity. The fix is to calm the tendon and then build it back up gradually.

- For now, avoid repeated leg lifting against resistance: sit-ups, hanging leg raises, and hill running.
- Don't stretch aggressively. Keep stretches gentle.
- Snapping without pain is common and not harmful.
- Do the exercises once a day, 5 days a week.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM



Seated March

Sit tall at the front of a chair. Lift one knee a few inches off the seat without leaning back, then lower slowly.

Do: 10 reps x 2 sets, each side

Keep it small and pain-free.



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets

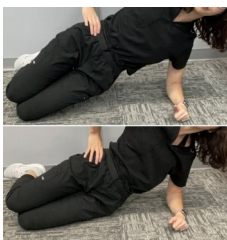


Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.



Side Plank from Knees

Lie on your side on your elbow, knees bent. Lift your hips so you are straight from shoulders to knees. Hold.

Do: Hold 20 seconds, 3 times each side. Build to 45 seconds



Standing Kick-Back

Hold a counter. Move your leg straight back from the hip, keeping your knee straight and your back still. Return slowly.

Do: 10 reps x 2 sets

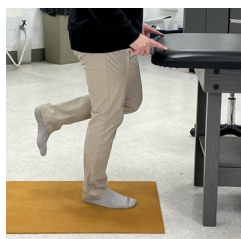


Kneeling Hip Flexor Stretch

Kneel on one knee on a pad. Tuck your tailbone and shift your hips forward until you feel a stretch in the front of the hip. Hold.

Do: Hold 30 seconds, 3 times each side

Gentle stretch only.



Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.