

Hip Labral Tear and Impingement

Non-operative exercise program (FAI)

Hip impingement (FAI) and labral tears cause pain in the front of the hip or groin, often with deep bending. Most people improve with a program that calms the hip, strengthens the muscles around it, and avoids the positions that pinch.

- Avoid deep hip bending, especially with your knee turned inward: low chairs, bucket seats, and deep squats.
- Use a cushion to raise your seat. Keep your hips higher than your knees when sitting.
- Don't stretch into pain. Strengthening, not stretching, is the main treatment.
- Do the exercises once a day, 5 days a week.

Pain guide: Keep exercise pain at 2 out of 10 or less. If it's 0 to 1, you can make it harder. If it reaches 3, make it easier.

YOUR PROGRAM



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



Clamshell

Lie on your side, knees bent, heels together. Keep your feet touching and lift your top knee. Don't let your hips roll back.

Do: 15 reps x 2 sets, each side. Add a band when easy



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



Face-Down Hip Lift

Lie face down, forehead on your hands. Tighten your buttock and lift one straight leg a few inches. Keep your hips flat on the floor.

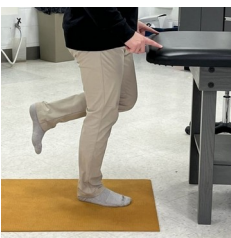
Do: 10 reps x 2 sets, each side



Hands-and-Knees Rock Back

On hands and knees with a flat back, slowly rock your hips back toward your heels. Stop before any pinch in the front of the hip, then return.

Do: 10 slow reps



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.



Single-Leg Hip Hinge

Stand on one leg, holding a counter. Hinge forward at the hips, reaching the other leg straight back, back flat. Return to standing.

Do: 10 reps x 2 sets, each side



Side Band Walk

Put a loop band around your ankles or above your knees. Bend your knees slightly and step sideways, keeping the band tight.

Do: 10 steps each way, 3 times



Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

Do: 15 to 20 minutes, seat raised high

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