



# ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

## HIP BURSITIS

### Home Exercises

#### PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

*Repeat 10 Times    Hold 10 Seconds*

*Complete 1 Set    Perform 1 Times a Day*

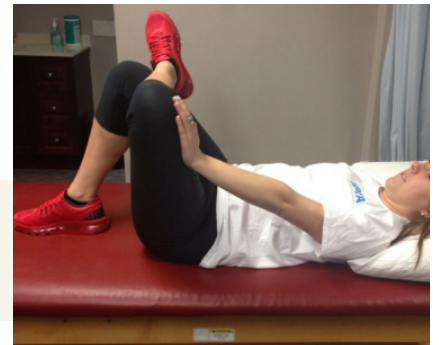


#### PIRIFORMIS STRETCH (Figure Four)

While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

*Repeat 10 Times    Hold 10 Seconds*

*Complete 1 Set    Perform 1 Times a Day*

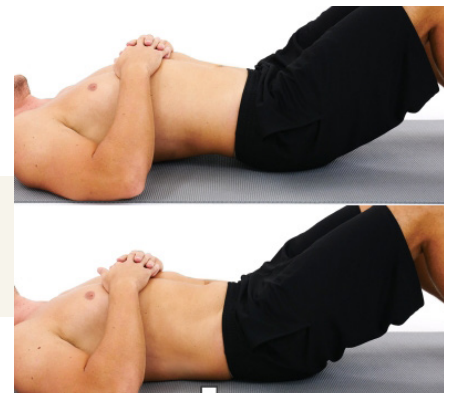


#### PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

*Repeat 10 Times    Hold 5 Seconds*

*Complete 1 Set    Perform 2 Times a Day*



## ANTERIOR HIP MOBILIZATION WITH AND WITHOUT ANTERIOR PULL

- 1) Begin in half kneeling position with front knee at 90 degrees flexion and back leg perpendicular to floor.
- 2) Next, perform posterior pelvic tilt (tuck tail between legs) until a stretch is felt in the front of hip while maintaining an upright torso.
- 3) Slightly shift pelvis/hip forward until increased stretch is felt (do not arch/extend back!)



**Repeat 10 Times**    **Hold 10 Seconds**  
**Complete 1 Set**    **Perform 2 Times a Day**

## ISOMETRIC ABDOMINAL PUSHES

Lay on your back with the ball on your thighs. Keep the arms straight and head relax. Push into the ball firmly with base of wrists and forearm. You should feel abdominal muscles tighten.

Can roll up pillows if you do not have ball.

**Repeat 10 Times**    **Hold 5 Seconds**  
**Complete 2 Sets**    **Perform 1 Times a Day**



## PELVIC TILT WITH MARCH (I)

Lie on back with knees bent up and both feet on mat. Tighten your stomach muscles and flatten your back against the table. While holding this position, lift one leg up keeping a bend in the knee. Return leg down slowly. Alternate between lifting left and right legs, making sure to keep back flat on the table.

**Repeat 10 Times**  
**Complete 2 Sets**    **Perform 1 Times a Day**



## BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and Then lower yourself and repeat.

*Repeat 10 Times    Hold 1 Second*  
*Complete 3 Sets    Perform 1 Times a Day*



## SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

*Repeat 10 Times    Hold 1 Second*  
*Complete 3 Sets    Perform 1 Times a Day*



## HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

*Repeat 10 Times    Hold 1 Second*  
*Complete 3 Sets    Perform 1 Times a Day*



## SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

*Repeat 10 Times    Hold 5 Seconds*  
*Complete 1 Set    Perform 1 Times a Day*

