LATERAL HIP PAIN

Created by Barnstaple Alliance Primary Care Network Mar 20th, 2025
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COMMENTS

This exercise programme is to help strengthen your gluteal muscles and improve your lateral hip pain.

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.

You should work within pain tolerance.

It is normal to experience pain during rehab, but this should be kept to within three to four out of 10 on a pain scale.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.

It is normal to feel pain during rehab. However, it is important to know that this is not harmful.

Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.

GLUTEAL SET - SUPINE



While lying on your back, squeeze your buttocks and hold. Repeat.

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day





Bridges

-Start by lying supine on table or floor.
-Knees bent and feet flat down.
-Press up through the hips and lift the butt off of the table or floor.
-Squeeze the glutes; engage the core.
-Slowly lower hips and glutes back down.

-Condition and Functionality: Tones and strengthens glute muscles and core muscles; bed mobility
-Muscles: Hip flexors, core, hamstrings, glutes.

BE AWARE - this can aggravate existing back problems, so work within your symptoms.

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day





SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

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

Video # XV4BVAM3C

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. 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.

Video # XV7HA4YZR

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HIP EXTENSION - STANDING

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Video # XVXU6FK7Q

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HIP ABDUCTION - STANDING

While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat.

Use your arms for balance support if needed for balance and safety.

Video # XVT7CSLW6

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



STEP UP AND STEP DOWN - IPSILATERAL (SAME SIDE)

Start by standing in front of a step/step stool with both feet on the floor.

Step forward and up the step with your target leg and use that leg to lift your body weight up onto the step with the other leg.

Once both feet are on the step, step back down backward with the other leg first so that your target leg does the work to lower your body back down to the ground. Then return the target leg to the floor next to your other leg.

You may need something to hold on to for balance support.

Video # XVP88ABZ4

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



QUADRUPED HIP EXTENSION

Start in a crawl position and then extend your leg upwards at your hip as shown. Keep your knee bent at 90 degrees the entire time. Lower back down and repeat.

NOTE - you do not need to be on the floor to do this. You can do this on the bed if easier.

Video # XVCEVDR4J

Repeat	15 Times
Hold	2 Seconds
Complete	3 Sets
Perform	1 Times a Day