



Queen Victoria Hospital
NHS Foundation Trust

Hip Pain

Physiotherapy Department



This information leaflet has been produced by senior physiotherapists working at Queen Victoria Hospital NHS Foundation Trust.

It offers simple advice and exercises to help you safely manage your hip problem. Often the right advice and exercise is all that is needed.

Follow the advice and exercises with care. If any of the exercises makes your pain worse STOP and seek advice.

Causes

- Most hip pain is not due to a serious condition and will resolve with time.
- Hip pain can be caused by a twist or fall which may strain or sprain the ligaments, tendons or muscles.
- Hip pain can also be the result of overuse or repetitive strains.



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Symptoms

Pain from the hip can be felt in any of the following areas:

- the groin
- down the front of the leg
- the knee
- the buttock
- the lower back

Pain in these areas can also be caused by problems in the lower back.

Advice

- Painkillers (such as ibuprofen and / or paracetamol) may be prescribed by your GP, or advised by a pharmacist, and should be taken at the recommended dose.
- Early movement and exercise is important to help your hip recover as soon as possible. As soon as you are able, performing simple exercises can help improve the function of your hip. Moving stiff muscles and joints can be uncomfortable to start with but becomes easier as you regain the movement in your hip.

Exercises

The following exercises are designed to stretch, strengthen and stabilise the structures that support your hip and should not increase your pain. If they do, stop. Perform each exercise gently and slowly, only moving as far as feels comfortable. If you have used ice, allow 30 minutes before exercising. Complete two to three times per day:

Lying on your back.

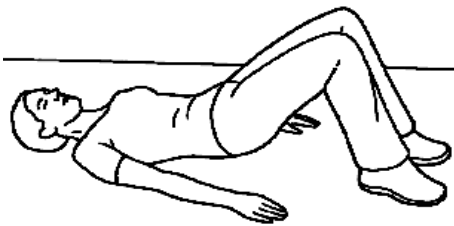


Bend your leg towards your chest and hold the knee with both arms. Keep your head and neck relaxed and gently pull your knee further towards your chest.

Hold 30 seconds. Repeat 3-5 times.

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Lying on your back.



Squeeze your buttocks together and lift your bottom off the floor, hold for 5 seconds. Return to the start position.

Repeat 10 times, increasing to 20 repetitions as you improve.

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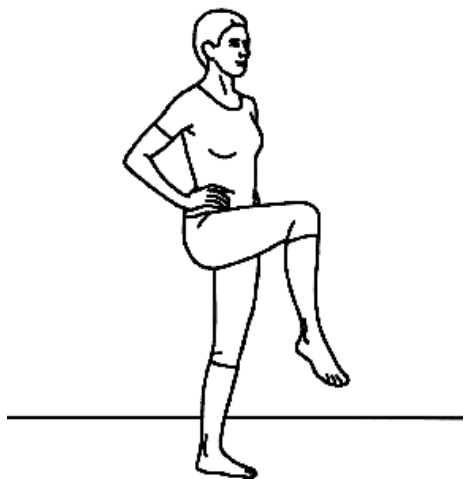


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Stand holding on to a support.

Lift your leg sideways, hold for 5 seconds and bring it back to meet the other keeping your upper body straight throughout the exercise.

Repeat 10 times, increasing to 20 repetitions as you improve.



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Stand holding on to a support.

Lift one knee towards your chest keeping your upper body straight throughout the exercise.

Hold for 5 seconds. Repeat 10 times, increasing to 20 repetitions as you improve.

And finally....

- If you cannot walk without a limp, try taking some stress off the hip by using a stick in the opposite hand to the painful hip.
- If you are over-weight you are putting more stress on your hip than if your weight is average.
- Pace your activities throughout the day to avoid flare-ups of symptoms.
- Avoid sitting in low chairs as this bends the hip a lot and might give you more pain.
- Try and avoid carrying heavy weights; for example use a trolley when shopping if carrying a heavy basket is uncomfortable.
- Alter activities where you have to stand on one leg; for example when getting into a car, sit on the side of the seat and swing both legs in together rather than stepping in one leg at a time.

If your symptoms persist despite following the above advice, you may require some specialist advice and treatment from a physiotherapist.

If you have any queries regarding this information or the exercises provided, please contact the Physiotherapy Department:

Tel: 01342 414004



Please ask if you
would like this leaflet
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Physiotherapy Department

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