

Pelvis and Hip Stretches And Exercises

Your hip bursitis is caused by inflammation of your bursa, a jelly-like sac that contains fluid. Inflammation of your bursa can cause stiffness and pain, making it difficult to sit, walk, stand, or sleep. Maintaining strength and flexibility in the hip muscles can help reduce the friction that causes the inflammation and pain.

Your physician or physical therapist will recommend when to start and how often to do your hip bursitis exercises. The general recommendation is to do the stretches 2 to 3 times a day and the exercises 1 to 2 times a day as tolerated. A floor mat can be useful and you will need a cushion or pillow. Start each exercise slowly, and ease off the exercise if you start having pain.

Some causes of hip bursitis/tendonitis include:

- Repetitive bending of the hip
- Abnormal patterns of walking
- Running on uneven surfaces
- Back disease
- Leg length discrepancy
- Obesity

Treatment options for hip bursitis/tendonitis include:

- Stretching exercises
- Anti-inflammatory medications
- Correcting conditions that may lead to abnormal patterns of walking
- Cortisone injections

2 Part Hip Rotator Stretch

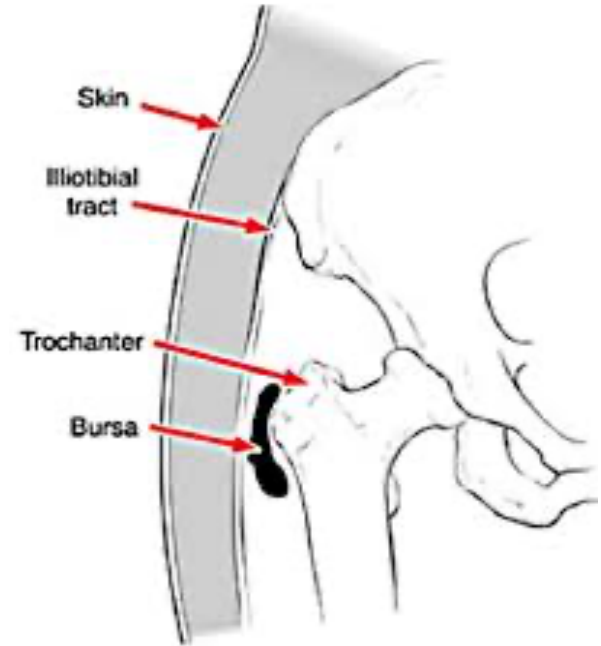
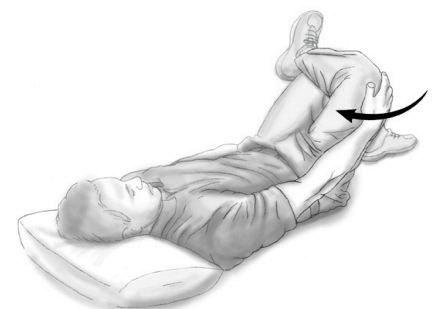
Part 1.

1. Lie on your back with both knees bent and your feet flat on the floor.
2. Place the ankle of your affected leg on the opposite thigh near your knee.
3. Use your hand to slowly push your knee away from your body until you feel a gentle stretch at the front of your hip.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.



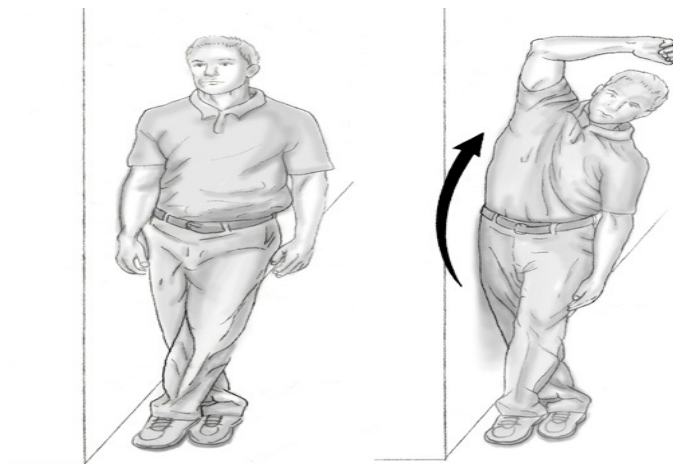
Part 2.

1. Repeat steps 1 through 5 except this time, during step 3, slowly pull your knee towards your opposite shoulder until you feel a stretch at the back of your hip.



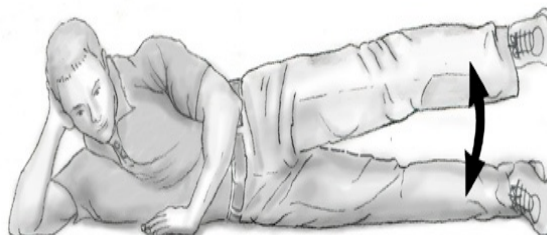
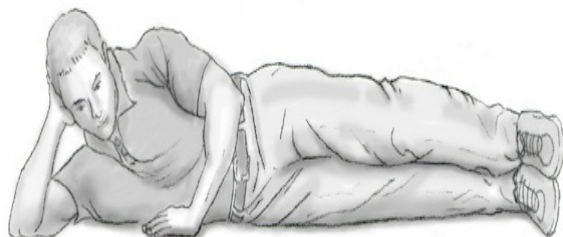
Iliotibial Band (IT band) Stretch

1. Stand with your affected hip against a wall. For extra support you can use a chair or counter.
2. Put your weight on your affected hip and cross the other leg in front of it.
3. Raise your arm, on the same side as your affected hip, above your head.
4. Lean away from the wall, letting your affected hip press against it, until you feel a gentle stretch on the outside of your hip.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.



Straight-leg Raises

1. Lie on your side, with your affected hip on top. Support your head and stabilize yourself as necessary.
2. Tighten the muscles in your affected leg to keep your knee straight.
3. Lift your top leg until your foot is about 12 inches off the floor. Be sure to keep your hip and leg in line with the rest of your body and make sure you don't roll towards your back.
4. Hold your leg in the raised position for 6 seconds and slowly lower your leg.
5. Repeat 8 to 12 times.



Clamshell

1. Lie on your side with your affected hip on top. Support your head with a pillow and stabilize yourself as necessary.
2. Keep your legs together and bend both knees.
3. Keep your feet together and lift your top knee until your knees are about 8 to 10 inches apart. Be sure your top hip does not roll back.
4. Hold your leg in the raised position for 6 seconds and slowly lower your knee each time.
5. Rest for 10 seconds.
6. Repeat 8 to 12 times

