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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Hip & Leg Stretching Program — with Lateral Hip Pain Precautions

POSITIONS TO AVOID WITH LATERAL HIP PAIN / GLUTEAL TENDINOPATHY

The tendons on the side of your hip get irritated by COMPRESSION. Until the pain settles, avoid the habits that squeeze them — this matters as much as any exercise.

Don't Cross Your Legs **All day, every day**

Sitting with legs crossed (knee over knee, or ankle on knee pulling the leg across) presses the tendon against the bone. Sit with knees level with hips, feet flat, knees no closer together than your hips.

Don't Hang on One Hip **All day, every day**

Standing with your weight slumped onto one hip pushes that hip out sideways and compresses the tendon. Stand with weight even on both feet.

Protect the Hip at Night **Every night**

Avoid lying directly on the painful side on a firm surface. When lying on the other side, place a pillow between your knees so the top leg doesn't drop across your body.

Skip the IT Band Stretches Below **Until cleared**

If you have lateral hip pain or gluteal tendinopathy, skip the IT band section of this program — crossover stretches pull the leg across the body, which is exactly the compression that irritates the tendon. Follow this avoid-list instead, and ask about a strengthening program: with tendinopathy, loading is what helps.

ABDUCTOR & PIRIFORMIS STRETCHES





Figure-4 Stretch Hold 20-30 seconds, 3 times per side, daily

Lying on your back with knees bent, cross the ankle of one leg over the opposite thigh and gently pull that thigh toward you until a stretch is felt deep in the buttock. Keep it gentle.



Knee to Opposite Shoulder Hold 20-30 seconds, 3 times per side, daily

Lying on your back, pull one knee up and gently across toward the opposite shoulder until a stretch is felt in the buttock and outer hip.

HAMSTRING STRETCHES



Supine Towel Hamstring Stretch Hold 20-30 seconds, 3 times per side, daily

Lying on your back, loop a towel or belt around the ball of one foot and raise the leg with the knee straight until a stretch is felt behind the thigh. Keep the other leg flat.



Toe-Reach Hamstring Stretch Hold 10-20 seconds, 5 times, daily

While lying down or standing, slowly reach both hands towards your toes while keeping the knees extended. Hold, relax and repeat.

HIP FLEXOR STRETCHES

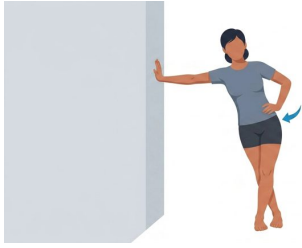


Half-Kneeling Hip Flexor Stretch Hold 20-30 seconds, 3 times per side, daily

Kneel on one knee with the other foot in front. Tuck your tailbone under and shift gently forward until a stretch is felt in the front of the kneeling-side hip. Keep the trunk upright.

IT BAND STRETCHES

Skip this section if you have lateral hip pain or gluteal tendinopathy — see the avoid-list at the top.



Standing Crossover Side Lean Hold 20-30 seconds, 3 times per side, daily

Stand next to a wall with the leg to be stretched crossed BEHIND the other. With a hand on the wall, lean your hips toward the wall until a stretch is felt along the outside of the hip and thigh.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.