

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Addenbrooke's Hospital Outpatient Physiotherapy

Patient Information

Stretches for the hip

Document history

Authors	Outpatient Physiotherapy
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Publish/Review date	August 2011/August 2014
File name	Stretches_for_the_hip.doc
Version number/Ref	1/PIN1513

These stretches are designed to help with flexibility of your hip and buttock muscles

- You must ensure you keep a neutral position of the spine to prevent pain or injury. Try and keep the lower abdominal muscles gently contracted to support the spine position whilst you are doing your stretches.
- It is sensible to stretch both before and after exercise to prevent injury.
- Your physiotherapist will guide you on which stretches are most appropriate for you.

Stretches

1. Quadriceps stretch (prone)

Lying face down, bend one knee and hold on to the ankle. Pull the ankle towards your bottom until you feel a stretch in the front of your thigh.

You could also do this stretch standing, whilst holding on to a support.

Hold ___ seconds

Repeat ___ times



©PhysioTools Ltd

2. Hip extensor stretch (knee hug)

Lying on your back, pull your knee towards your stomach using your hands to help. Push your other leg down towards the floor.

Hold ___ seconds

Repeat ___ times



©PhysioTools Ltd

Pain relief

To help us optimise your treatment, it is important that you have adequate pain relief. If you are suffering high levels of pain please seek advice from your pharmacist or GP.

Further advice

Please be aware that this handout is to be used as a guide. If you find these exercises painful please seek advice from your physiotherapist or GP.

Contacts

Please contact our reception on 01223 216633 to leave a message for your physiotherapist, or to enquire about appointments.

This information has been compiled by the Physiotherapy team at Addenbrooke's Hospital. You may receive this information during an appointment with a physiotherapist, from your GP or via our website at www.cuh.org.uk/outpatient-physio

6. ITB Stretch (abductors)

Stand holding on to a support, with the side to be stretched closest to the wall. Cross your legs so that the leg to be stretched is behind you, bend the front knee and push your hips towards the wall. You should feel the stretch down the outside of your hip and thigh.

Hold ___ seconds
Repeat ___ times



©PhysioTools Ltd

7. Adductor stretch

a) Lunge

Stand with legs astride and straight. Bend one leg and put your hands on the knee. Bend your leg even more and put more weight on the leg. You will feel stretching on the inside of the thigh on the straight leg.

Hold ___ seconds
Repeat ___ times



©PhysioTools Ltd

b) Cross leg sit

Sit on the floor, and place the soles of your feet together. Grip the feet and press down with your elbows. Keep your back straight and do not allow your pelvis to tilt backwards. Hold ___ seconds
Repeat ___ times



©PhysioTools Ltd

3. Gluts stretch (sitting twisted)

Sit on the floor with your legs bent. Cross one leg over the other. Put your arm around the leg to be stretched. Bring your knee towards your opposite shoulder. Feel the stretch in your buttock.

Hold ___ seconds
Repeat ___ times



©PhysioTools Ltd

4. Piriformis stretch (crossed leg knee hug)

Sit on the floor with one leg straight and the other leg crossed over it. Bring your knee towards your opposite shoulder. Feel the stretch in your buttock.

Hold ___ seconds
Repeat ___ times



©PhysioTools Ltd

5. Hamstring stretch

Put your weight onto your back foot with your front leg straight. Put your hand on thigh of back leg. You should feel this stretching the back of your straight leg.

Hold ___ seconds
Repeat ___ times



©Glasgow Caledonian Univers...