

# Exercises for Hip Bursitis

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## 1. IT Band Stretch

1. Stand with the injured leg closest to the wall or chair.
2. Cross non-injured leg in front.
3. Bend front knee slightly.
4. Shift hips towards the wall.
5. Hold for 1 minute, breathing.
6. Repeat 2-3x on each side.

## 2. Figure 4 Stretch

1. Lay on your back with both knees bent, feet flat on the floor/mat/bed.
2. Cross the ankle of your injured leg over your knee of your non-injured leg.
3. You should feel a stretch in the back of your hip. If you don't, press down gently on the knee of your top leg. Or, slide the foot on your supporting leg closer to your bottom.
4. Hold for 1 minute, breathing.
5. Repeat 2-3x on each side.

### **3. Hip Abduction (Side lying or Standing)**

#### **Sidelying:**

1. Lay on your non-injured side.
2. Bend your bottom knee.
3. Lift your top leg about 6 inches off of the floor/mat/bed (focus on lifting from your glutes. You should feel your glutes working!).
4. Lower your leg to starting position.
5. Repeat 10-12 times.
6. Rest for 30 seconds.
7. Perform 3 sets.
8. Repeat on other side.

#### **Standing:**

1. Stand on injured leg, holding on to counter/stable surface for balance.
2. Bend knee of standing leg slightly.
3. Kick injured leg out to the side (once again, about 6 inches, it doesn't need to/shouldn't be high)
4. Lower your leg to starting position.
5. Repeat 10-12 times.
6. Perform on other side.

7. Perform 3 sets on each leg.

## 4. Bridges

1. Lay on your back with your feet flat on surface, about hip-distance apart.

2. Brace your belly so your abdominals are engaged.

3. Using your glute muscles, lift your buttocks up.

4. Hold for 3 seconds

5. Lower buttocks slowly.

6. Repeat 10-12 times.

7. Take 30 seconds rest.

8. Perform 3 sets total.

## 5. Supine Marches

1. Lay on your back with your feet flat on surface, about hip-distance apart.

2. Brace your belly so your abdominals are engaged.

3. Lift one foot off of the floor/mat/bed.

4. Return foot to floor.

5. Lift opposite foot.
6. Alternate until you've done 10 reps on each side.
7. Take 30 seconds rest.
8. Perform 3 sets total.

## 6. Plank (On Toes or Kneeling)

1. Start on your hands and knees. Hands should be under the shoulders, knees under the hips.
2. Brace your abdominals.
3. Keeping your abs braced and back flat, straighten one leg back and then the other. (If you want to do a kneeling plank, walk knees backwards, so your body is at about a 45 degree angle)
4. Hold for 10-30 seconds (increase your time as you get stronger).
5. Lower down to your knees (if you're not already there).
6. Return to starting position and rest for 30 seconds.
7. Repeat steps #2-6 3 times.



## 7. Leg Circles

1. Lay on your non-injured side.

2. Bend your bottom knee.

3. Lift your top leg about 6 inches off of the floor/mat/bed (focus on lifting from your glutes. You should feel your glutes working!).



4. Hold your leg in line with your body, draw a circle in the air with your foot (about the size of a dinner plate).



5. Perform 4 circles.

6. Reverse the direction for 4 circles.

7. Rest for 30 seconds.

8. Perform 3 sets.

9. Perform on other side if it's not painful to lay on your injured side.