

Level 1

Potential Inclusion Criteria:

- Pain at rest or with basic daily activities
- Pain on the outside of the hip

Goals:

- Reduce pain and inflammation
- Optimize function throughout your day
- Activity modification to maximize rehabilitation but minimize inflammation/irritation

Requirements For Progression:

- 10-14 days of diligent adherence to the program
- Able to tolerate 3 sets of 8 reps with no pain or increase in symptoms

Aerobic Exercise:

Avoid Running, Jumping or any other exercise that provokes symptoms. Continue to exercise with non-weight bearing activities such as swimming or cycling if tolerated.

1. Quadriceps Release (Foam Roller)

Duration: 1-3 Minutes

Frequency: Daily

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position



If you feel a tender point, you can hold and allow the muscle to relax

2. Thigh Release (Foam Roller)

Duration: 1-3 Minutes

Frequency: Daily

Execution:

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.



Start Position



Roll out along foam

Note: This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.

3. Piriformis/External Rotator Stretch | Dynamic

Hold: 20-30 Seconds

Frequency: Daily

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a gentle stretch in buttock for an instant
- Rock legs back down to the start position. Repeat this motion



Cross leg over knee



Pull knees toward chest

4. Glute Self Release (Ball)

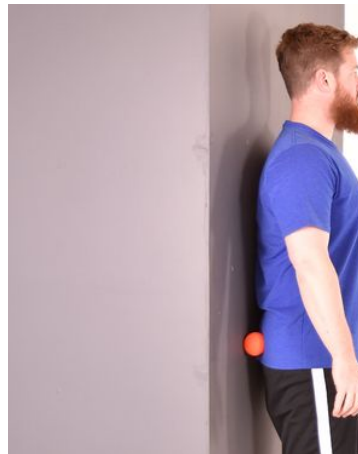
Duration: 1-2 Minutes | Frequency: Daily

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

5. Clamshell

Sets: 3 | Reps: 8-12 each side | Hold: 3-5 Second Hold |
Frequency: Daily

Preparation:

- Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees.
- Your heels are in line with your buttocks.
- Tilt your hips forward towards the ground slightly.

Execution:

- Lift your knees apart (like a clam opening)



Start position



Lift knees apart

6. Bridge | Arms at Sides

Sets: 3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Lie on your back with arms resting at your sides
- Bend hips and knees, placing feet flat on surface

Execution:

- Lift your hips off the surface to make a bridge
- Lower slowly



Start position



Bridge hips

Helpful Hint

Record your progress in the G23 exercise logbook ([Link](#)) and bring it to your next appointment as your doctor or physiotherapist will ask to review it.

Level 2

When Can I Start Level 2

- Completed level 1 goals
- Able to tolerate 3 sets of 8 reps without an increase in hip pain

Goals:

- Full Hip ROM
- Increase tolerance to load and strengthening

Requirement for progression:

- Able to tolerate max sets and reps with no pain or increase in symptoms

Aerobic Exercise:

You can continue to participate in cardiovascular exercise as tolerated. Swimming and cycling are low impact alternative however, longer walks and light jogging can be reintroduced if tolerated.

1. Quadriceps Release (Foam Roller)

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position



If you feel a tender point, you can hold and allow the muscle to relax

2. Thigh Release (Foam Roller)

Execution:

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.

Note: This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.



Start Position



Roll out along foam

3. Piriformis/External Rotator Stretch

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a stretch in buttock



Cross leg over knee



Pull knees toward chest

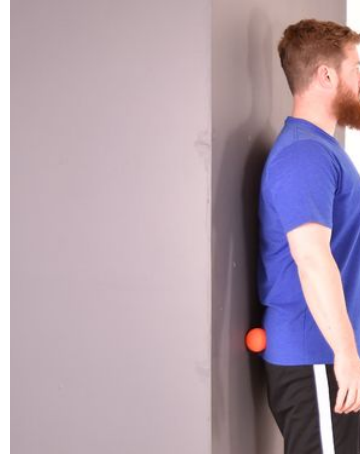
4. Glute Self Release (Ball)

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

5. Clamshell | Sidelying (Band)

Preparation:

- Lie on your side with your hips at 45° and your knees at 90°
- Band around your knees

Execution:

- Open your top knee up against the resistance of the band



Hips slightly bent, knees bent to 90 degrees



Open knees up like a clamshell

6. Bridge | Single Leg - Hip and Knee 90/90, Arms Flat

Preparation:

- Lie on your back with arms stretched out and away from sides
- Feet flat with knees bent
- Now lift one leg up with hip and knee bent to 90 degrees

Execution:

- Lift your hips off the surface to make a bridge
- Lower slowly



Start position



Bridge hips

7. Squat - Arms Neutral

Preparation:

- Stand with good posture, feet shoulder width apart
- Have arms relaxed by your side

Execution:

- Perform a squat by bending at the hip
- Rise up by straightening at the hip



Start Position



Squat - Bend at the hip, back flat



Knees aligned with toes



Finish Position

Level 3

When Can I Start Level 3

- Completed level 2 goals
- Able to tolerate max sets and reps without an increase in pain or symptoms

Goals:

- Increase tolerance to load and strengthening

Aerobic Exercise:

Continue gradual return to running or other high level activities as long as no pain or symptoms are present before or during activity. Continue swimming and cycling as desired.

1. Quadriceps Release (Foam Roller)

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position



If you feel a tender point, you can hold and allow the muscle to relax

2. Thigh Release (Foam Roller)

Execution:

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.

Note: This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.



Start Position



Roll out along foam

3. Piriformis/External Rotator Stretch

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a stretch in buttock



Cross leg over knee



Pull knees toward chest

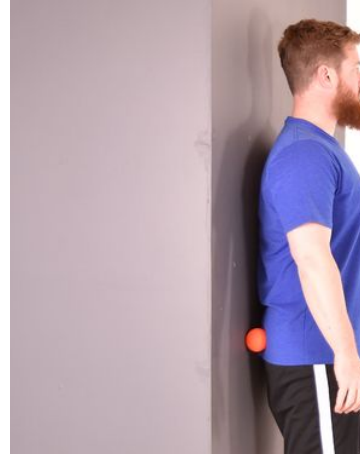
4. Glute Self Release (Ball)

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

5. Single Leg Squat

Preparation:

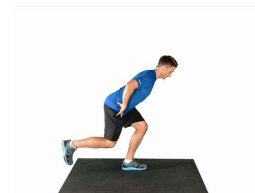
- Stand with good posture on one leg

Execution:

- Begin to squat with one leg by bending at the hip and knee
- Return by straightening at the hip



Start position



Squat - Keep opposite leg knee bent



Front view



Knee in line with toes!

6. Monster Walk (Band)

Preparation:

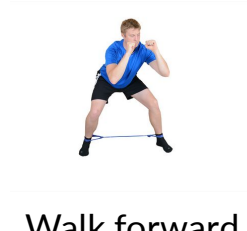
- Attach tubing to ankles as shown
- Wide stance, knees and hips slightly bent

Execution:

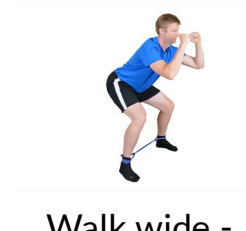
- Perform a partial squat
- Walk forward, keeping legs wide
- Keep tension on tubing throughout the whole exercise



Wide stance



Walk forward,
keeping legs
wide



Walk wide -
Keep tubing
under tension

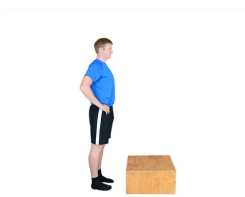
7. Runner's Step Up

Preparation:

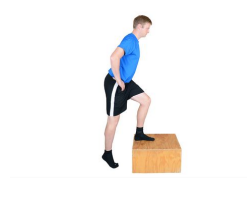
- Stand in front of a box or step that is below the level of the knee

Execution:

- Step up onto the box and bring the opposite leg up towards your chest
- Lower down in a controlled manner
- Repeat, alternating legs



Start position



Keep knee
inline with toes



Rise with
control, lifting
opposite leg

Return To Activity / Achieving Your #RISEABOVE Goal(s)

Build back into your activity or sport, progressing time or intensity slowly by 10% per week. Be sure to discuss sport specific progressions with a G23 physiotherapist.