

PAIN RELIEF SERIES

HIP PAIN RELIEF

Ease into easier hips.

Gentle moves for the hips and the muscles around them, plus sitting, sleeping and walking tips.

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And the stop rule

02 **Mobility**
Loosen up first

03 **Stability**
Wake up support muscles

04 **Movement**
Put it together

05 **At Home Beyond Stretching**
Everyday strategies

Start here → Read page 2, then work through the sections in order: mobility, stability, movement.

General education only. Not a diagnosis or a treatment plan for you.
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ABOUT THIS GUIDE

Hip pain: what to know

Many people have hip soreness or stiffness at some point. This guide shares simple, general ways to stay comfortable and moving. It doesn't replace an exam.

WHAT IT CAN FEEL LIKE

- Stiffness getting up from a chair or out of the car
- Aching in the hip, buttock or groin area
- Tightness putting on shoes and socks

WHAT OFTEN HELPS

- Gentle hip movement every day
- Strong glutes and legs
- Changing position often
- A pillow between the knees at night

When to call us

- Pain that isn't easing after a week or two of gentle care
- Pain that keeps coming back
- Stiffness that gets in the way of work, sleep or daily life
- You're not sure which moves are right for you

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Get medical care right away for

- A fall or injury with sudden, severe pain
- You can't put weight on it or move it
- The joint looks deformed, hot, red or very swollen
- Pain with fever, or feeling unwell
- Numbness, tingling or weakness that is new or spreading
- Calf pain or swelling in one leg

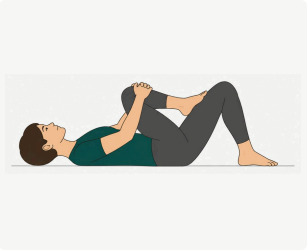
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SECTION 1 · MOBILITY

Loosen up first

Start with gentle mobility moves to ease stiffness. Go slowly, breathe, and stay in a comfortable range.

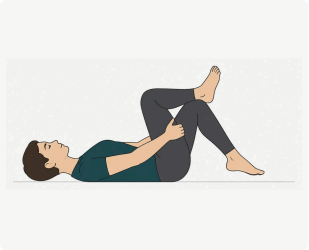
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01 Knee to Chest

MOBILITY · LOW BACK + HIPS · **2 × 20 SEC EACH**

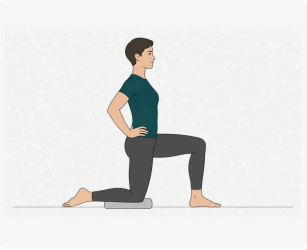
On your back, hug one knee in gently. Keep the other foot flat.



02 Figure-4 Stretch

MOBILITY · BACK OF HIP · **2 × 20 SEC EACH**

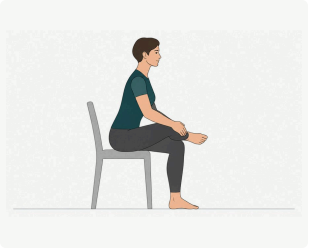
On your back, cross one ankle over the other knee and gently draw it in.



03 Kneeling Hip Opener

MOBILITY · FRONT OF HIP · **2 × 20 SEC EACH**

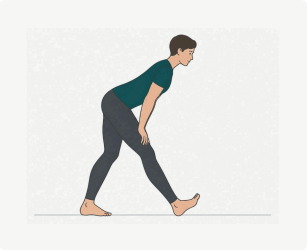
Half-kneel on a pad, tuck your tailbone and shift forward gently.



04 Seated Figure-4

MOBILITY · BACK OF HIP · **2 × 20 SEC EACH**

Sit tall, rest one ankle on the other knee and lean forward a little.



05 Gentle Hamstring Stretch

MOBILITY · BACK OF THIGH · **2 × 20 SEC EACH**

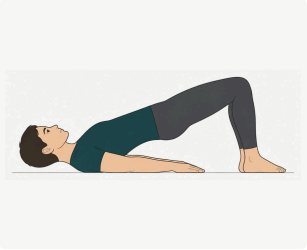
Heel forward, soft knee, hinge at your hips until you feel a light stretch.

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SECTION 2 · STABILITY

Wake up your support muscles

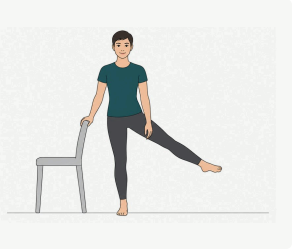
These moves gently switch on the muscles that help hold you steady. Small, controlled and easy.



01 Glute Bridge

STABILITY · GLUTES · **10 × 3-SEC HOLD**

Knees bent, squeeze your glutes first, then lift your hips a few inches.



02 Standing Side Leg Lift

STABILITY · SIDE OF HIP · **10 EACH SIDE**

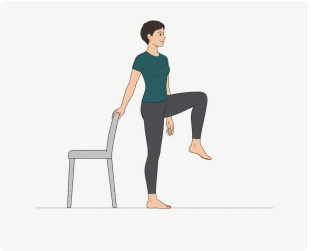
Hold a chair, stand tall and lift one leg out to the side a little. Keep your trunk still.



03 Clamshell

STABILITY · SIDE OF HIP · **10 EACH SIDE**

Lie on your side, knees bent, feet together. Lift your top knee a little without rolling back.



04 Single-Leg Balance

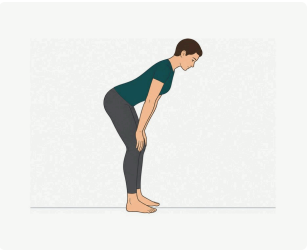
STABILITY · HIP + ANKLE CONTROL · **3 × 15 SEC EACH**

Stand tall by a chair, touching it lightly. Lift one knee and hold steady.

SECTION 3 · MOVEMENT

Put it together

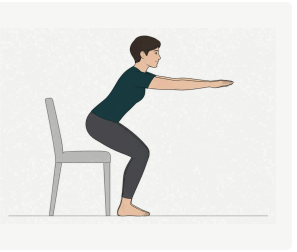
Now practice an everyday movement with good control. Quality over quantity.



05 Hip Hinge

MOVEMENT · HIPS + BACK WORKING TOGETHER · **10 REPS**

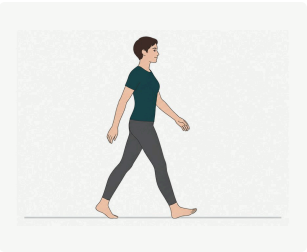
Soft knees, hands on thighs. Push your hips back with a flat back, then stand tall.



06 Sit-to-Stand

MOVEMENT · LEGS + HIPS · **8–10 REPS**

From a sturdy chair, lean forward and push through your heels to stand, sit back slowly.



07 Easy Walk

MOVEMENT · WHOLE BODY · **5–10 MINUTES**

A relaxed walk on flat ground. Shorter and more often is fine.

AT HOME BEYOND STRETCHING

Everyday ways to feel better

Simple, practical things you can do at home for your hip, beyond the exercises.

HEAT OR COLD

Some people find a warm pack eases stiffness; others prefer a cool pack after activity. Use either for 15–20 minutes with a cloth between it and your skin, and check your skin often. Skip it if the area has reduced feeling.

SLEEP SETUP

On your side, put a pillow between your knees. On your back, try a pillow under your knees.

SITTING AND THE CAR

Choose a firm chair with knees about level with hips. Swing both legs in together getting into the car.

FOOTWEAR AND WALKING

Supportive shoes and flat walking routes. Short walks more often are fine.

Everyday habits

- Get up and move every 30 minutes
- Keep your knees about level with your hips when sitting
- Swing both legs in together when getting into the car
- Avoid sitting with your legs crossed for long periods
- Walk on flat routes in supportive shoes

Your quick plan

When	What to do
Morning	Get up and move for a few minutes. A few glute bridges in bed are a gentle start.
Through the day	Change position every 30 minutes. Take a short walk if you can.
Evening	Do the moves on pages 3 and 4 at an easy effort.
Bedtime	Set up your pillows for a comfortable position.
Each week	Notice what helps and what doesn't. Call us if things aren't easing.

QUESTIONS? CALL US

(209) 521-1122

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