

Exercise Prescription: Repeated Hip External Rotation Seated

Purpose of Exercise:

This is a self-treatment for hip/groin/buttock pain can be used as one of the exercises to prevent this pain from recurring once you have achieved full recovery.

Frequency:

3-4 times per day or about once every 3-4 hours.

Starting Position:

Sitting with your spine in a neutral position as shown (1).

Exercise Description:

Begin by performing an abdominal brace. From the starting position, flex the affected leg up, placing your ankle on your opposite knee (2). Allow your knee to fall outwards as far as possible, externally rotating at the hip (3). Pressure may be added on the inside of the knee with the hands to enhance this motion (4).

Hold this position for 2-3 seconds, then lower your leg back into the starting position. Repeat this movement 10-12 times per session.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

Pictures:



1

2

3

4