

BURSITIS BREAKTHROUGH

HIP BURSITIS PROTOCOL



Exercise 1: Piriformis Figure 4 Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin lying on back. Cross one leg over other, placing ankle on opposite thigh above knee.

Movement : Grasp uncrossed leg under thigh and gently pull toward chest. A stretch in hip of crossed leg should be felt. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.



Exercise 2: Side Lying Quadricep Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin lying on side. Grasp ankle, or foot, and flex leg at knee. Keep knees side by side not allowing bent knee to move forward of opposite side.

Movement : Gently pull foot toward buttock, while extending leg back until gentle stretch is felt in front of leg. Hold for 20-30 seconds. Perform on opposite side. Repeat for prescribed repetitions and sets.



Exercise 3: Seated Inner Thigh Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin seated on floor in an upright position. Bend knees, pulling feet inward until soles of shoes meet. Maintain good upright sitting posture.

Movement : Gently press knees toward floor with hands and forearms until stretch is felt in inner thighs. Hold for 20-30 seconds. Repeat for prescribed repetitions. Alternate sides as directed.



Exercise 4: Supine Hamstring Stretch with Knee Flexion

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin lying on your back with legs extended. Place stretch strap or non-elastic similar utility around arch of one foot. Bend knee keeping heel on floor.

Movement : Lift knee to hip level so that thigh is perpendicular to floor. Slowly straighten leg without lowering knee. Once you can no longer extend leg, slowly pull on strap until a gentle stretch is felt behind thigh. If pain is felt behind knee or in calf, stop, lower leg and begin again. Attention should be made to maintaining neutral foot position and not to flex foot toward floor. Hold for 30 seconds. Repeat for prescribed repetitions and sets. Alternate sides as directed.



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Exercise 5: Side Lying Leg Lift

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin lying on side on the floor with legs extended. Top leg should attain a straight line through hip and shoulder. Bottom leg may be bent for added stability.

Movement: Activate core muscles. Lift top leg upward, abducting legs. Slowly return to start position and repeat for prescribed repetitions and sets.



Exercise 6: Seated Hip Flexion/Adduction

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin seated with good posture, positioning self on sit bones (*ischial tuberosities*) so that spine is in neutral position with a flat back. Cross one leg over other placing ankle on opposite knee. Interlock fingers and place around flexed knee.

Movement: Maintain good posture, pull flexed knee toward opposite shoulder until a gentle stretch is felt in hip. Hold for 30 seconds or for recommended duration. Repeat for recommended repetitions and sets.



Exercise 7: Ilio-Tibial Band (ITB) Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin standing next to wall or sturdy chair without wheels. Side to be stretched should be closest to wall/chair. Place hand on wall for stability and support. Leg closest to wall/chair crosses behind opposite leg.

Movement: Gently lean hips toward wall until stretch is felt in the outside hip region. Hold for 20- 30 seconds or for prescribed duration. Repeat for prescribed repetitions. Alternate sides as directed.



Exercise 8: Fire Hydrant

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin on floor in quadrupedal position with hands aligned under shoulders and knees aligned under hips.

Movement: While maintaining core activation, lift knee sideways. Attempt to maintain a neutral spine without rolling pelvis. Return to start position. Repeat on same side for recommended repetitions before performing on opposite side.

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Exercise 9: Hip Bridge

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin lying on floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.

Movement : Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips, and shoulders in alignment. Slowly return to start position. Repeat for prescribed repetitions and sets. Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.



Exercise 10: Modified Side Plank

Sets: 3 | Reps: 3 | Time: 10sec | Rest: 30sec | Freq: Daily

Start: Begin on your side with knees bent. Place support forearm directly under shoulder.

Movement : Activate core muscles. Lift hips off floor and attain a straight, rigid position from thighs through your upper body. Once in this position, there should be no movement. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.



Exercise 11: Prone Plank

Sets: 3 | Reps: 3 | Time: 10sec | Rest: 30sec | Freq: Daily

Start: Begin face down with forearms, knees and toes touching floor. Bend knees to 90 degrees.

Movement : Activate core muscles. Lift knees off floor so that forearms and knees are supporting body weight. Maintain a straight plank like position from knees through shoulders. Maintain core contraction. There should be no movement once this positions is attained. Hold for recommended duration. Repeat for prescribed repetitions and sets.



Exercise 12: Hip Raises on Step

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin standing on a step with one foot off below step level.

Movement : Activate core muscles. Lift foot straight up by elevating hip. Do not twist or rotate hips forward or back. Slowly lower hip and foot down to starting position below step level. Repeat for prescribed repetitions and sets.