

Hip Recovery Exercises

WHEN THEY ALREADY HURT

Coach Oliete · Once a day · Rest about 30 seconds between sets

DO NOT MAKE IT HURT. If an exercise causes pain, stop. Make it easier or skip it today. A little stretch or muscle work is fine. Sharp pain, or pain that gets worse, is not. After hip pain, the goal is to get the hip muscles working again without stressing the sore spot. Start at the top of each section. Move to the next exercise only when the one before it feels easy and pain-free.

NO EQUIPMENT NEEDED

Glute Squeezes 3 sets of 10, hold 5 sec	Lie on your back with your legs straight. Squeeze your glutes together as hard as is comfortable, hold, then relax. This turns the muscles on without moving the hip.
Two-Leg Glute Bridges 3 sets of 10	Lie on your back with knees bent and feet flat. Lift your hips only as high as feels comfortable, hold 2 seconds, and lower slowly. Lift higher as it gets easier.
Clamshells 3 sets of 10, each side	Lie on your side with knees bent and stacked, feet together. Slowly lift your top knee a few inches, then lower it.
Side-Lying Leg Raises 3 sets of 10, each side	Lie on your side with your top leg straight. Lift it a small amount with toes pointed forward, then lower slowly.
Standing Leg Out and Back 3 sets of 10 each way	Hold a wall or chair and stand tall. Slowly move one straight leg out to the side and back in, then behind you and back. Do not lean.
Bird Dog 3 sets of 8, each side	On your hands and knees, slowly reach one arm forward and the opposite leg back, keeping your back flat. Hold 3 seconds, then switch.
Gentle Hip Flexor Stretch 3 sets of 20 to 30 sec	Kneel on one knee with the other foot in front. Tuck your hips under and lean forward slightly until you feel a light stretch in the front of the hip. Use a pillow under your knee.

WITH EQUIPMENT

Equipment needed: a light loop (mini) resistance band and a low step or stair.

Banded Bridges 3 sets of 10	Do a two-leg glute bridge with a light loop band just above your knees. Gently press your knees out against the band.
Banded Clamshells 3 sets of 10, each side	Do clamshells with a light loop band above your knees. Keep the movement slow and controlled.
Band Side Steps 3 sets of 10 steps each way	With the band above your knees, stand tall and take small steps sideways. Make the steps bigger only if there is no pain.
Low Step-Ups 3 sets of 8, each leg	Use a low step. Step up with one foot, stand tall, and step down slowly. Do this last, once everything else is pain-free.

Before you run again: You should be able to walk fast, go up and down stairs, and balance on the sore leg for 30 seconds, all with no pain. Start with easy, short runs on flat ground. See a doctor if you are limping, the pain is deep in the groin or spreads to the knee, it hurts at night or while resting, or it is not getting better after a few days. Let Coach Oliete know how it feels.

Disclaimer: Coach Oliete is not a doctor, and this sheet is not medical advice. Only you (the runner) or a doctor can judge whether these exercises are safe for you to do. If you are unsure, check with a doctor first.