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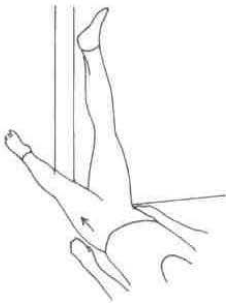
Snapping Hip Syndrome Rehabilitation Exercises

You may do all of these exercises right away.

1. Quadriceps stretch: Stand an arm's length away from the wall, facing straight ahead. Brace yourself by keeping the hand on the uninjured side against the wall. With your other hand, grasp the ankle of the injured leg and pull your heel toward your buttocks. Don't arch or twist your back and keep your knees together. Hold this stretch for 30 to 60 seconds. Repeat 3 times.



Quadriceps stretch



Hamstring stretch

2. Hamstring stretch: Lie on your back with your buttocks close to a doorway, and extend your legs straight out in front of you along the floor. Raise the injured leg and rest it against the wall next to the door frame. Your other leg should extend through the doorway. You should feel a stretch in the back of your thigh. Hold this position for 30 to 60 seconds. Repeat 3 times.

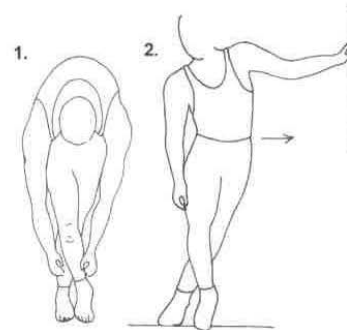
3. Piriformis stretch: Lie on your back with both knees bent and the foot of the uninjured leg flat on the floor. Rest the ankle of your injured leg over the knee of your uninjured



Piriformis stretch

- leg. Grasp the thigh of the uninjured leg, and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your thigh on the injured side. Hold this stretch for 30 to 60 seconds. Repeat 3 times.

4. Iliotibial band stretch (standing): Cross your uninjured leg in front of your injured leg and bend down and touch your toes. You can move your hands across the floor toward the uninjured side and you will feel more stretch on the outside of your thigh on the injured side. Hold this position for 30 seconds. Return to the starting position. Repeat 3 times.



Iliotibial band stretches

5. Iliotibial band stretch (side-leaning): Stand sideways near a wall, your injured leg toward the inside. Place the hand on your injured side on the wall for support. Cross your uninjured leg over the injured leg, keeping the foot the injured leg stable. Lean into the wall. Hold the stretch for 10 seconds and repeat. Do 3 sets of 15.

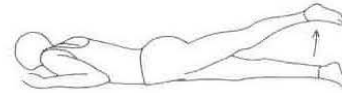
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6. Gluteal strengthening: To strengthen your buttock muscles, lie on your stomach with your legs straight out behind you. Tighten your buttock muscles and lift your injured leg off the floor 8 inches, keeping your knee straight. Hold 5 seconds. Relax and return to the starting position. Repeat 10 times. Do 3 sets.



Gluteal strengthening

7. Hip abduction: Lie on your uninjured side with your legs straight. Lift your injured leg up toward the ceiling, keeping your knee straight. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets.



Hip abduction

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