

7 Signs Your Hips Are Way Too Weak

Weak hips can result in having a strange and even painful walking pattern. Weak hips can also result in poor balance and falls.

1. Trouble getting out of a chair without multiple tries.
2. Have a positive Trendelenburg Sign. Face the wall and place your hands on it for stability. Raise up your right leg and the left pelvis/hip should rise a small amount. If the right hip/pelvis falls it is due to weakness in the LEFT hip abductors. If the left hip/pelvis drops while supporting on the right leg it is due to weakness in the left hip abductors.



3. Lean on weak hip when walking. Although this may not make sense, when you have a weak hip the tendency is to excessively lean on the that leg when walking. The hip muscles of that leg do not have to work as hard when you lean upon it.



4. Your knees are knock kneed due to weakness at the hip. Weakness of the hip groups can cause your upper thighs to internally rotate and thus your knees tend toward knock kneed.



5. You have poor balance. Weak hip muscle is one cause of poor walking and standing balance.

6. Have trouble going up stairs.

7. Trouble getting out of a car seat.

If you have determined that your hips are weak, watch our video *How to Strengthen a Painful Hip* for exercise suggestions.

How to Stop Hip Pain in Bed (Correct Sleeping Postures):

If you are going to sleep without hip pain and awakening with hip pain it is likely due to your positioning in bed. The same can be true if your hip pain is increasing at nights (barring any infections or other medical occurrences).

Try the following tips to see if any decrease your hip pain levels:

1. Avoid sleeping on a painful hip. If you feel you must sleep on the painful side due to habit, try rolling back slightly to take pressure off the point of the hip. May use a body pillow or just pillows propped behind you to allow you to lie half on your back and half on your side.

2. Sleep on the nonpainful hip side and place a pillow between your legs to support the (painful hip) leg.



3. Sleep on your back with two or three pillows under your legs versus using a leg wedge.



4. Perform trunk and hip rotations before going to sleep and upon waking.

