

Exercising with a Painful Hip (with equipment)

When exercising with a painful hip you should not perform exercises that increase your hip pain. In addition, if they make the hip pain increase after you are finished with the exercise you should avoid that exercise. A small amount of discomfort is acceptable.

Exercises (with equipment):

1. Stationary Bicycle (This is a Schwinn 270 Recumbent Bike)



2. Walking in swimming pool.
3. Swimming in a pool.
4. Elliptical (especially recumbent) (This is a Teeter FreeStep Recumbent)



5. Walking on a treadmill.

6. Lateral steps with Bob and Brad bands.



7. Work gluteal with Bob and Brad bands.



8. FitGlide in bed.



9. Wall anchor (move hip out to the side)

