

## **Bob & Brad Stretching Program for Hip Pain (Based on McKenzie Approach)**

This stretching program is based on the work of Robin McKenzie, a brilliant internationally known physical therapist from New Zealand. Check out his book, *"Treat Your Own Hip"*. It is written for the layperson and is very inexpensive.

If your hips are extremely painful and any movement increases the pain - STOP. Watch and apply some of the self-treatments mentioned in our video *How to Treat a Recent Injury to Your Hip (3 Step Program)*. Even if your hip pain has been going on a long time the treatments may be helpful to calm your pain down. Once the pain is under control, you may begin the stretching program. Once you begin the stretching program it is important for you to know whether it is working. Your pain may have one of three responses:

1. Your pain will improve. The intensity may decrease, or the pain/symptoms may centralize (spread out less). This is, of course, what we want to see. Even if the pain does not decrease but it is beginning to centralize and not spread out as much- it is improving.
2. The pain will worsen. The intensity may increase, or the pain/symptoms may spread out further. Or the pain in the hip may improve but pain/symptoms in the leg may spread out further or worsen (this is not desirable).
3. The pain will remain the same. It will be unchanged.

Your goal should be to have the pain response outlined in number 1. If you have the response outlined in number 2 you need to stop the exercise, modify the exercise, or try a different exercise. If your pain remains the same, you may continue the stretches.

### **Exercise One- Hip Flexor Stretch**

Ideally this exercise will be done in the kneeling position. If you are unable to get into the kneeling position, we will show you an alternative you can do in bed.

Place a pillow on the floor. Kneel on the pillow with the right knee and place your left foot on the floor. See Photo. You may need a chair or counter to support you. Lean forward with the left leg and stretch the right hip flexor. Maintain an upright posture. Take your right hand and use it to push on your right pelvis to provide some overpressure. Press while saying the words, “pressure on, pressure off”. Apply the pressure 10x. Repeat throughout the day 4-6x (roughly every two hours). Repeat with the left knee on a pillow on the floor and the right foot on the floor.



Hip flexor stretches lying on a bed alternative. Scoot your body to the right edge of the bed and lower your right leg off the bed. Bend the left leg up to your chest and hold in place with your hands. See Photo. Feel the stretch in your right hip flexors. Over time increase the stretch by actively attempting to extend the right leg to the floor. Repeat with the left leg.



The hip flexor stretch exercise should be performed daily until your hip pain levels have decreased to a manageable level. As pain levels decrease, the stretch with your knee on the pillow can be advanced. With the left knee on the slide, your left foot away from your body, (see photo). This causes the right hip to internally rotate. Now take your left hand and push your left pelvis forward. The same can be done with the right side. Slide right foot away from your body (see photo). Use the right hand to press the right pelvis forward.



Once your pain levels are manageable you can add in Exercises Two and Three. You can perform these two exercises and then finish with exercise one. Exercise Two. Hip Bend Stretch.

Seated Position. Sit on the middle portion of the seat pan. Clasp the left knee just below the knee joint or under your thigh. Use a belt or rolled sheet if unable to reach. Flex the knee toward your chest and stretch the hip while saying the words “pressure on” and then release the stretch while saying “pressure off”. To provide increased leverage, lean against the back of the chair. Repeat the stretch 10x. Repeat the same stretch on the right side.



Lying in Bed. The Hip Bend stretch can be performed while lying on your back in bed. Clasp the right knee just below the knee joint or under your thigh. Use a belt or rolled sheet if unable to reach. Flex the knee toward your chest and stretch the hip while saying the words “pressure on” and then release the stretch while saying “pressure off”. Repeat the stretch 10x. Repeat the same stretch on the left side.



*Exercise Three: Hip external rotation.*

Seated in Chair. Place ankle of left leg on right thigh just above the knee. Take left hand and use it to apply stretch to left leg. Press knee toward floor. Do as tightness or pain allows. Press while saying the words, “pressure on”, then release while saying “pressure off”. Apply the pressure 10x. Repeat throughout the day 4-6x (roughly every two hours). Repeat with right leg.



Lying in Bed (Figure 4 Stretch) Lie on your back with your knees bent and your feet flat on the bed. Place ankle of right leg on left thigh just above the knee. Take right hand and use it to apply stretch to right leg. Press knee toward feet. Do as tightness or pain allows. Press while saying the words, “pressure on”, then release while saying “pressure off”. Apply the pressure 10x. Repeat throughout the day 4-6x (roughly every two hours). Repeat with left leg.



Sitting on Floor. Sit on floor with back against the wall. Bend hips and knees and place the soles of each foot together. Press both knees toward floor using both hands. Do as tightness or pain allows. Press while saying the words, “pressure on”, then release while saying “pressure off”. Apply the pressure 10x. Repeat throughout the day 4-6x (roughly every two hours).

