

## **Painful Hip? 5 Exercises and Stretches to Perform in Bed in the Morning**

This video repeats some of the exercises mentioned in the video-Bob & Brad Stretching Program for Hip Pain (Based on McKenzie Approach). We recommend you perform these exercises 6-8 x a day, so you are off to a good start when you begin exercising in bed.

1. Trunk Rotations- this is an excellent warmup exercise that prepares the hip groups for stretches.



2. Hip Flexor Stretch (with strap if needed). Hip flexor stretch 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 or with a strap. 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.



3. Hip Bends. Lying in bed. The hip bends 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 strap, 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 5 to 10x.



4. 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 5-10x. Repeat throughout the day 4-6x (roughly every two hours). Repeat with left leg.



5. Hip Internal Rotation: Start with left leg. Lie on your back. Left knee should be bent and left foot flat on the bed. Take right leg and use right ankle and foot to bend the left knee down to the right (or toward the right leg). Repeat 5-10x. Also stretch right leg (hip). Lie on your back. Right knee should be bent and right foot flat on the bed. Take left leg and use left ankle and foot to bend the right knee down to the left (or toward the left leg). (5-10x)

