

## Exercising with a Painful Hip (without 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 (without equipment):*

1. Watch Jordan's walking in place exercise programs.
2. Hook lying trunk rotations.



3. Marching in place.



4. Sidestepping.
5. Clam shells (on your back or side lying)



6. Hip abduction.



7. Wall Slides (shallow) (avoid the leaning too far forward with can occur with squats).



8. Gluteal pump (Gluteal pump on stomach or on hands and knees.)

