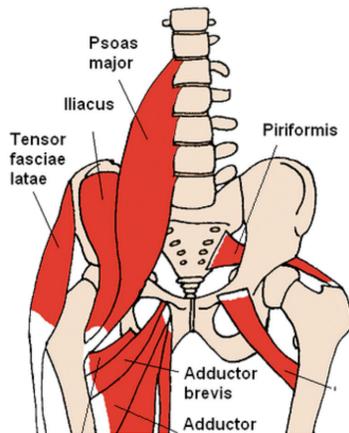


## HIP PAIN



### WHAT YOU MAY EXPERIENCE

- May have limited range of motion of the hip
- Pain along the lateral (outside) of the hip
- Pain when ascending stairs and/or getting up from a seated position
- Pain associated with standing for long periods or for sitting for extended periods
- May have trouble sleeping

### POSSIBLE SOURCES

**ILIOTIBIAL BAND SYNDROME:** An inflammation where the band rubs across the lower portion lateral femur. Pain is felt along the outer side of the hip and also possibly along the outside of the knee.

**TROCHANTERIC BURSITIS:** Inflammation of the bursa along the outside of the hip. Usually hurts to roll on that side at night. Mechanical imbalance in the lower extremity due to poor foot mechanics.

**PIRIFORMIS SYNDROME:** A spasm or tightness of the piriformis muscle in the buttocks that can irritate the sciatic nerve or impinge the sciatic nerve. May be caused by poor mechanic of the foot and lower extremity.

**HAMSTRING STRAIN:** A muscle imbalance or overload of the hamstring muscle which strains the muscle. Pain is located either in the buttocks or in the “belly” of the muscle in the back of the thigh. May feel tear or pop in severe cases.

**HIP FLEXOR STRAIN:** Overload or overuse of the muscle in front of thigh and hip such as climbing stairs, marching or up hill running. There may be a limp and shortening stride, pain can sometime be felt in the groin. Mechanical imbalance in lower extremity, typical pain felt when going from sitting to standing position.

### CONTRIBUTING FACTORS

- Poor flexibility
- Muscle imbalances
- Leg length discrepancies
- Tightness of IT Band/Tensor Fascia Latae
- Flattened/overpronated feet
- Poor support from the shoes you wear and/or the support inside the shoes can add to the stress on the foot and extend to the hip
- Biomechanical changes in the foot can allow increases in pronation
- Many foot injuries are caused by overpronation

### QUICK FIX

The 3 S's- **Stretching, Strengthening, and Supporting**, along with ICE and REST, have been found to be the simplest and most effective for these injuries:

1. **Stretching** of the IT Band, hamstring, quad and Psoas Major can help to decrease and eliminate many of the problems (see **LEG STRETCHES at back of this sheet**).
2. **Strengthening** of the muscles of the abdomen, quad and hip can assist in avoiding problems (see **4-DIRECTION LEG STABILIZATION sheet**).
3. **Supporting** the foot with proper shoes and insoles can prevent or help to eliminate the vast majority of lower extremity problems due to faulty biomechanics. You may consult with your Sports Medicine Physician or Sports Medicine Physical Therapist for guidelines about this; they can guide you to an appropriate local running store.

### FOLLOW-UP

If these quick fixes do not help resolve your problem, this would be the point where you would consult your medical practitioner. You could start with your Primary Care or Sports Medicine Physician. They may test your hip & take x-rays or do an MRI or other tests to narrow down your diagnosis. Follow up from there could be with your Physical Therapist where a combination of manual therapy & specific exercises may help resolve your problem. If damage is significant, you may be referred to an Orthopedic Surgeon.



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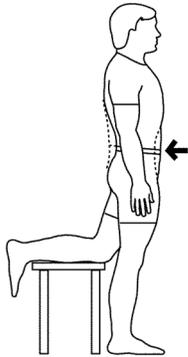
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# McFarland Clinic

## LEG STRETCHES

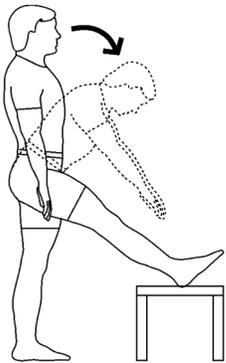
### 1. HIP FLEXOR STRETCH



Place lower leg on chair. Keep stomach tight and bring hips forward until stretch is felt in front hip. Hold 30 seconds.

Repeat 3 times. Stretch after warm up and after cool down.

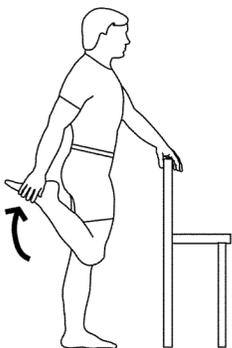
### 2. HAMSTRING STRETCH



Place foot on stool (hold on to the back of a chair if needed). Slowly lean forward keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds

Repeat 3 times. Stretch after warm up and after cool down.

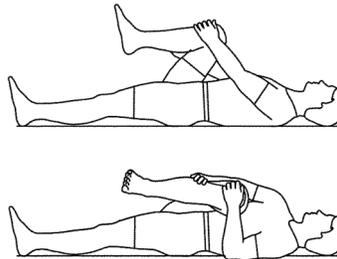
### 3. QUADRICEPS STRETCH



Pull heel toward buttock until a stretch is felt in front of thigh. Move bent knee behind hip to maximize stretch. DO NOT JACK-KNIFE FORWARD. Hold 30 seconds.

Repeat 3 times. Stretch after warm up and after cool down.

### 4. PIRIFORMIS STRETCH



Lay on your back. Pull involved knee towards opposite shoulder. Hold 30 seconds.

Repeat 3 times. Stretch after warm up and after cool down.

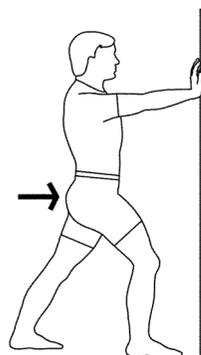
### 5. IT BAND STRETCH



Cross Right / Left leg over the other, then lean to the Right / Left until a stretch is felt over the outside of hip. Hold 30 seconds.

Repeat 3 times. Stretch after warm up and after cool down.

### 6. CALF STRETCH



Stand with involved foot back, and leg straight. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 30 seconds. Then bend both knees until a stretch is felt in lower calf. Hold 30 seconds.

Repeat 3 times each. Stretch after warm up and after cool down.



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