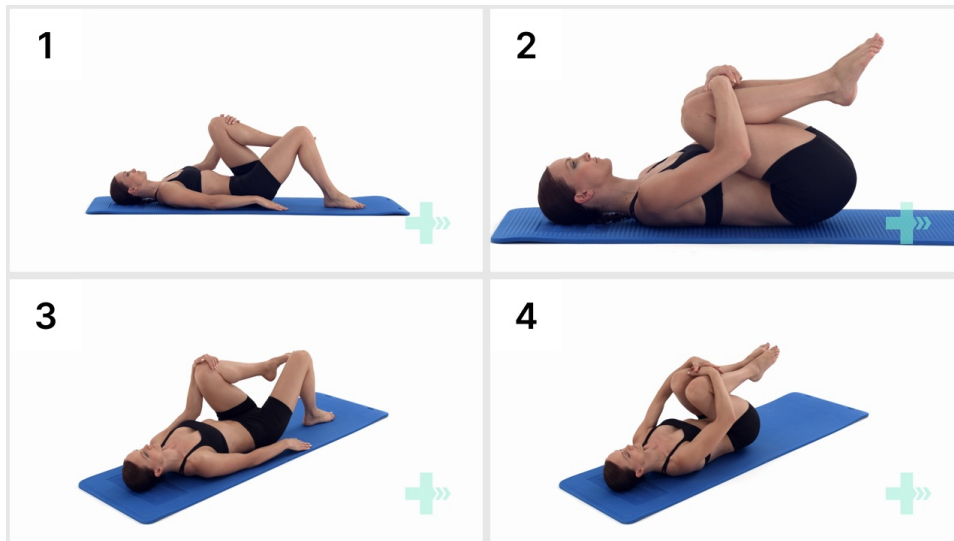


Hip and Thigh Exercises for Snapping Hip Syndrome

1. "Knee hugs" Hip/lumbar extensors stretch (bilateral), supine

2 Sets • 3 Reps • 30 s hold



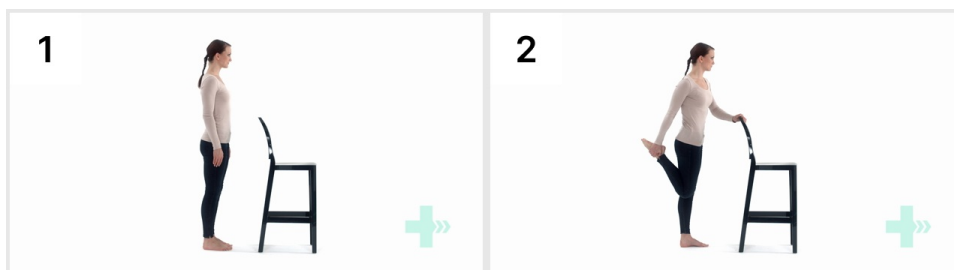
Lie on your back.

Draw one foot up and then the other.

Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.

2. Quadriceps stretch, standing behind chair

2 Sets • 3 Reps • 30 s hold



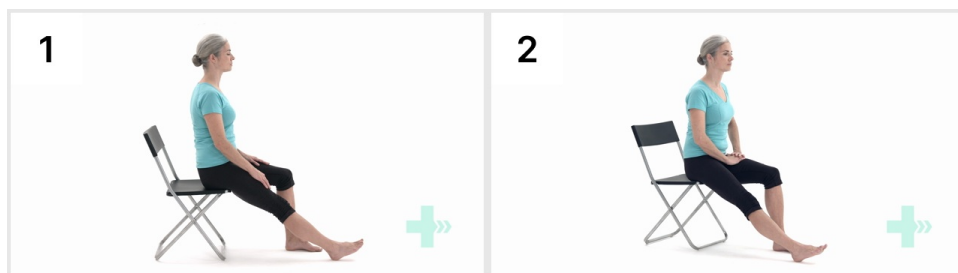
Start in a standing position. Use a wall or chair for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

3. Hamstring stretch, sitting

2 Sets • 3 Reps • 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

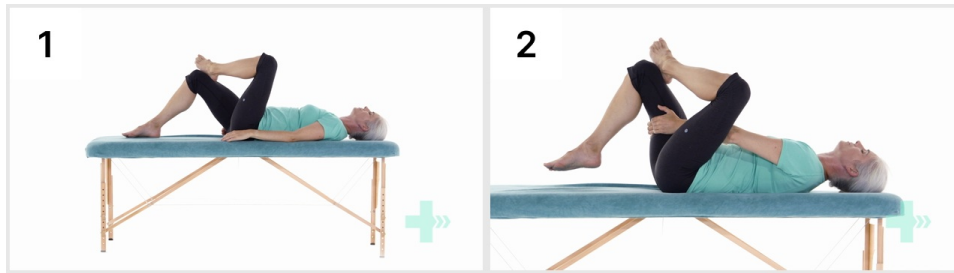
Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

4. "Figure 4" Piriformis/gluteals stretch, supine

2 Sets • 3 Reps • 30 s hold



Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your other leg.

Let the knee on your affected leg drop out to the side, and bend the other leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

To increase this stretch, interlace your fingers behind the thigh of your other leg, and pull your thigh in towards you, lifting the foot off the floor.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

Hold this position.