

Happy Hip Habits

The following suggestions are useful in helping to reduce pain in certain hip conditions, such as lateral hip pain/gluteal tendinopathy, Hip Osteo-arthritis or Hip Impingement

Not all of these suggestions will work for everyone, try them and use the ones that work for you

These guidelines are not supposed to be restrictive rules to be followed for life. Hopefully by altering habits for a short time your pain will diminish and allow you to go back to sitting, standing and lying however you normally would.

1: Sleeping

If you are a side sleeper,

- Try lying with 2 pillows between your knees. The aim is to have the top leg horizontal, with your knee and hip at the same level
- For pain when lying on your affected hip, a lambswool or eggshell foam mattress topper may make sleep more comfortable

2: Sitting

- Sit high: try and sit with your hips higher than your knees. Lifting your seat height and angling your office seat tray down at the front can help open up your hip angle
- Sit like a bloke: keep your legs un-crossed and your knees apart. Aim to keep your knees as wide as your hips
- Don't cross your ankles or knees, even when lying on the lounge or in bed.

3: Standing

- Try to avoid standing with weight on one leg and your weight "sitting out" into your hip. Instead try and stand with your knees "soft" and not locked back, with equal weight through both feet.

