

Hip Capsule Mobilization Exercise

1. Lay on the affected side. Be sure to keep one hip directly on top of the other. Flex the hip and the knee to 90 degrees.
2. Use a towel or have another person rotate your hip into internal rotation as depicted in figure 1. Engage the first sense of tightness. While maintaining this position, push your foot up towards the ceiling. It is important that this is an equal and opposite contraction. No movement should occur. Hold for 5-10 seconds, then relax. Gently pull the leg further into internal rotation and repeat the contraction. Repeat this sequence a third time.



3. While maintaining the new position of internal rotation, roll your entire body forward as far as you can toward the leg in front of you (see figure 2). You will feel discomfort in the back of the hip—go as far as you can tolerate, hold for 2 seconds and roll back to neutral. This should be repeated in a rhythmic fashion until it has been repeated 20-30 times.

