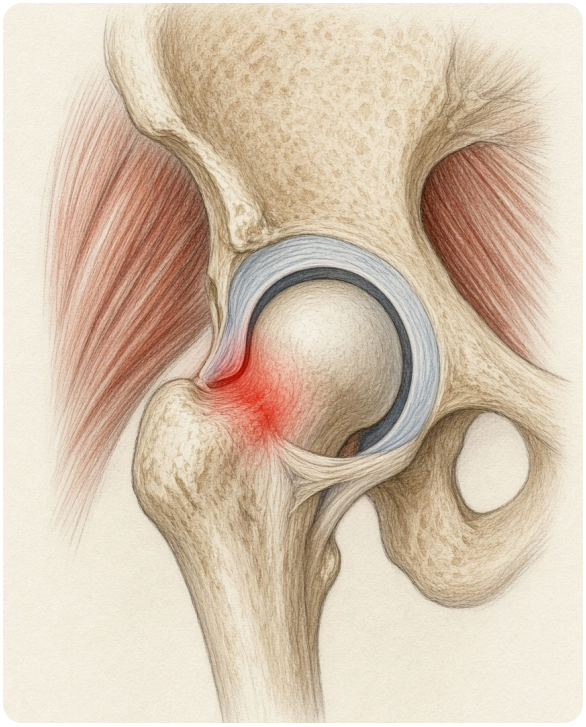
ARMIN PHYSIO



PATIENT GUIDE

Hip Impingement

Pinching pain in the front of your hip? It could be **hip impingement (FAI).**

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What is hip impingement?

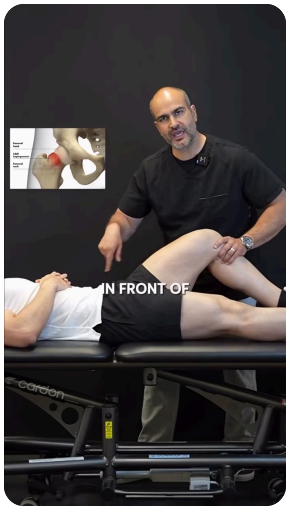
Hip impingement (femoroacetabular impingement, FAI) is abnormal contact between the ball and socket of the hip, from extra bone on the ball (cam), the socket (pincer) or both. Over time it can irritate the cartilage and labrum. Rehab first offloads the irritated area, then works on hip mobility and strength, avoiding deep end-range squeezing positions early on.

QUICK CHECK

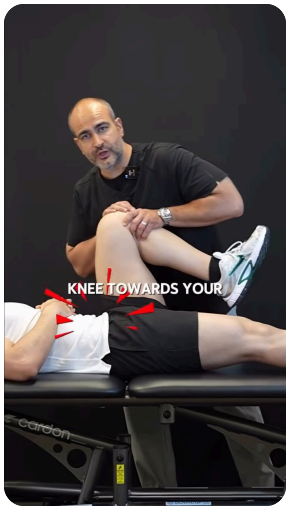
Does this sound like you?

- ☐ A **pinching pain in front of your hip** when you bring your knee to your chest
- ☐ Deep **groin or front-of-hip** pain, especially sitting for long periods
- ☐ Pain **squatting** or getting in and out of a car
- ☐ A sharp **catch at the end** of a hip movement
- ☐ **Stiffness** that limits sport or daily activity

If you ticked a few boxes, you may have hip impingement. Try the 3 exercises on the next pages.



Pain in front of the hip



Pinching with knee toward chest

YOUR 3 EXERCISES

Try these exercises

1 Standing hip flexor stretch

Stretches the front of the hip



1. **Place the affected leg like so** (behind you), with the **unaffected leg in the front**.
2. **Slowly bend the unaffected leg**, moving forward.
3. Feel a **stretch right in the front of that hip**. **Hold it for 30 seconds** and repeat.

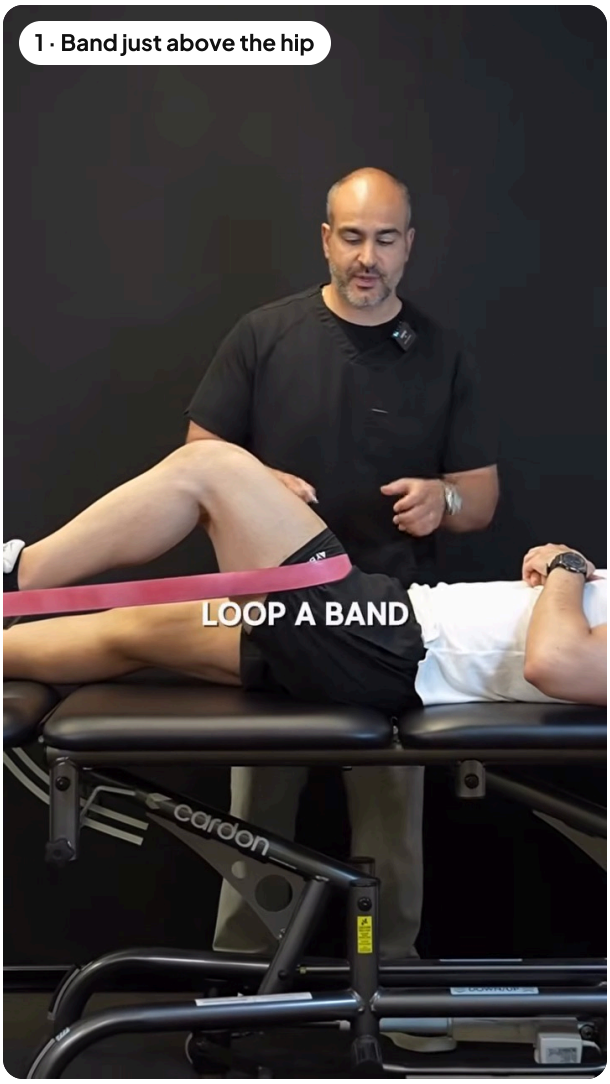
Hold about 30 seconds, 2–3 times

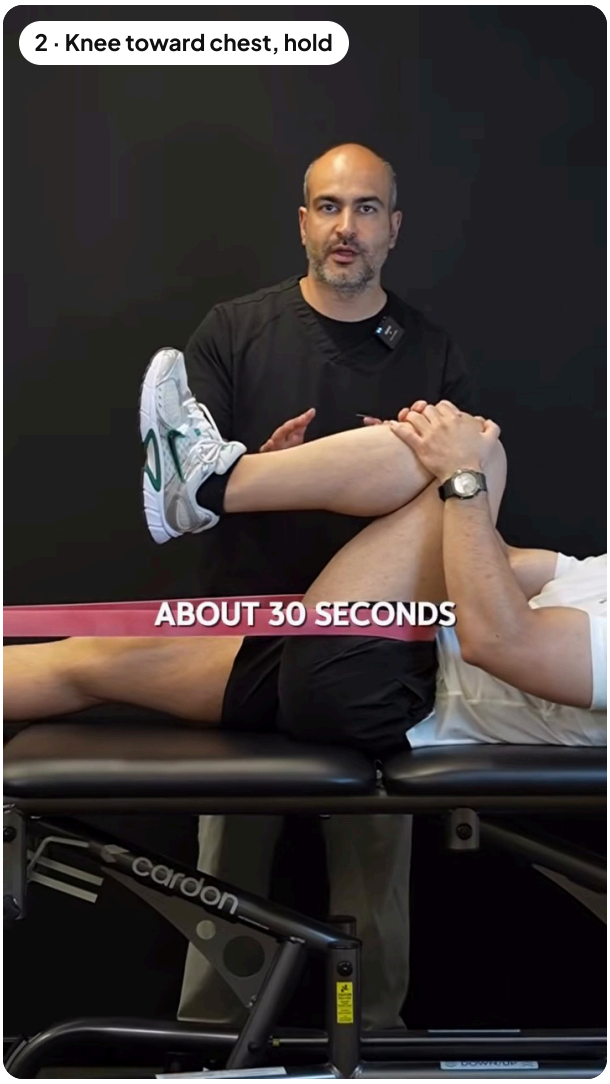
Hold from Armin's video; repeats suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Band hip traction

Creates traction at the hip to increase the joint space





1. To create traction at the hip and increase the joint space, **loop a band just above the hip joint** like so (anchored so it pulls the thigh down and away).
2. **Bring the knee up towards your chest. Hold it for about 30 seconds.**
3. **Slowly go back down.** Stop before you feel the pain, and repeat.

Hold about 30 seconds, 3–5 times

Hold from Armin's video; repeats suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Kettlebell knee raise

Activates the muscles at the front of the hip





1. **Hook your foot in a kettlebell** like so, or you can use a band.
2. **Bring the knee up** just like so, then **go back down**.
3. Make sure you're activating the muscles in the front, but **don't go to pain**.
4. Repeat.

3 sets of 15, hold **3–5 s** at the top

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Stretch
Standing hip flexor stretch, 30 s

02
Traction
Band hip traction, 30 s

03
Strengthen
Kettlebell knee raise, 3 × 15

Hold times are from Armin’s video; 3 sets of 15 with 3–5 s holds are from his description; repeats and doing it once a day are suggestions. Avoid deep end-range squeezing positions (like deep squats) early on and build load slowly (from his description). Suggested: mild discomfort up to about **4/10** is OK. Don’t push through significant pain.

Stop the exercise if you notice

- A sharp **pinch** in the front of the hip
- Pain above about 4/10, or pain that keeps building
- Pain that lingers or is worse the next day

If your pain keeps returning, imaging or a specialist referral is sometimes needed (from Armin’s description).

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg**, especially after a **fall**
- The leg looks **shorter or turned out**, or the hip suddenly won't move
- A **hot, red or swollen** hip with **fever** or feeling unwell
- **Numbness in the groin**, new **bladder or bowel** changes, or leg weakness that's getting worse
- **Constant pain at night** or at rest that doesn't ease
- **Unexplained weight loss** or a history of cancer with new hip pain

If you can't bear weight after a fall, have a hot swollen hip with fever, or have groin numbness or bladder/bowel changes, **go to the nearest emergency department**. For the others, see a doctor promptly. If your hip isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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