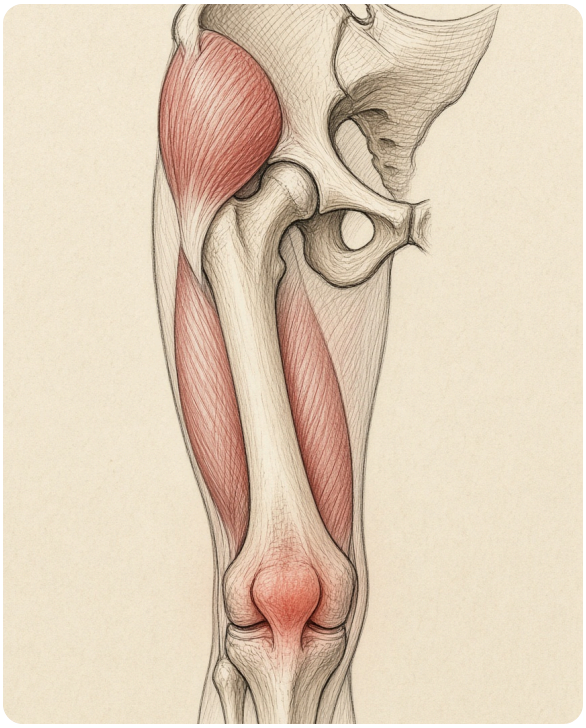
ARMIN PHYSIO



PATIENT GUIDE

Knee Pain From Your Hip

Knee pain? It could be **coming from your hip.**

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How can the hip cause knee pain?

If your thigh bone (femur) collapses inward when you walk or stand on one leg, it puts a lot of pressure on the inside of your knee. This usually comes from weak hip abductor muscles (the same weakness behind a Trendelenburg gait). Over time, if it isn't corrected, it can change how your knees look and work. Strengthening the hip helps keep the knee lined up.

QUICK CHECK

Does this sound like you?

- [ ] Your **knees collapse inward** when you walk or squat
- [ ] Pain on the **inside of the knee**
- [ ] Your **hip drops** or your body sways when you walk
- [ ] Your knee **caves in** when you stand on one leg
- [ ] Knee pain with **walking or stairs**

If you ticked a few boxes, weak hips could be loading your knee. Try the 3 exercises on the next pages.



YOUR 3 EXERCISES

Try these exercises

1 Standing banded knee pull-apart

Activates the hip on the leg you stand on





1. **Loop a band around your knees.**
2. Lift one knee and **pull it apart** (out against the band).
3. **Stabilize with the other** (standing) leg.
4. Come back in and repeat.

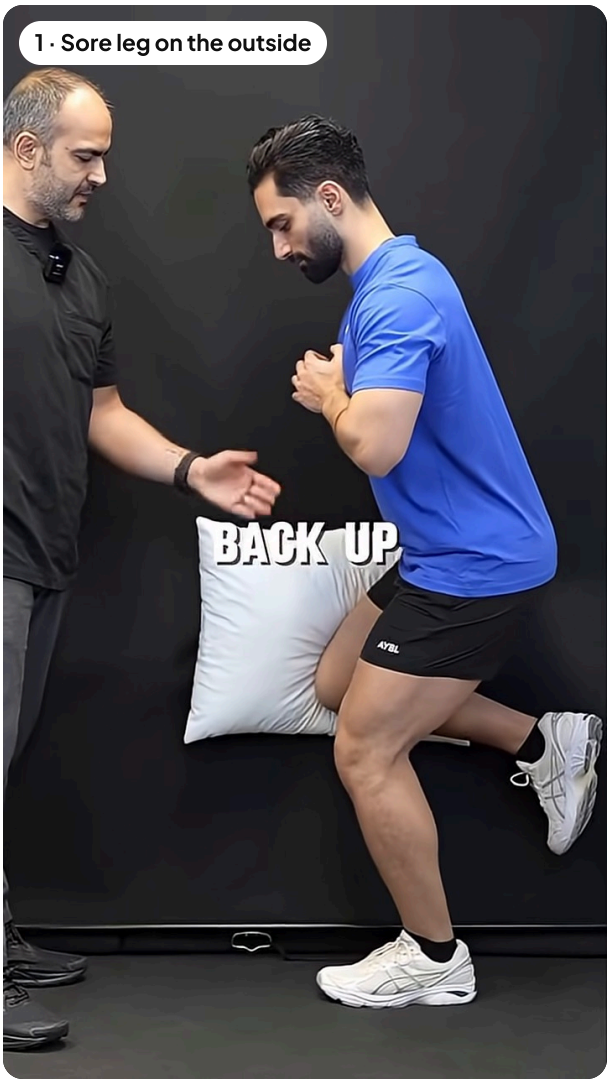
3 sets of 10–15 reps, slow and controlled

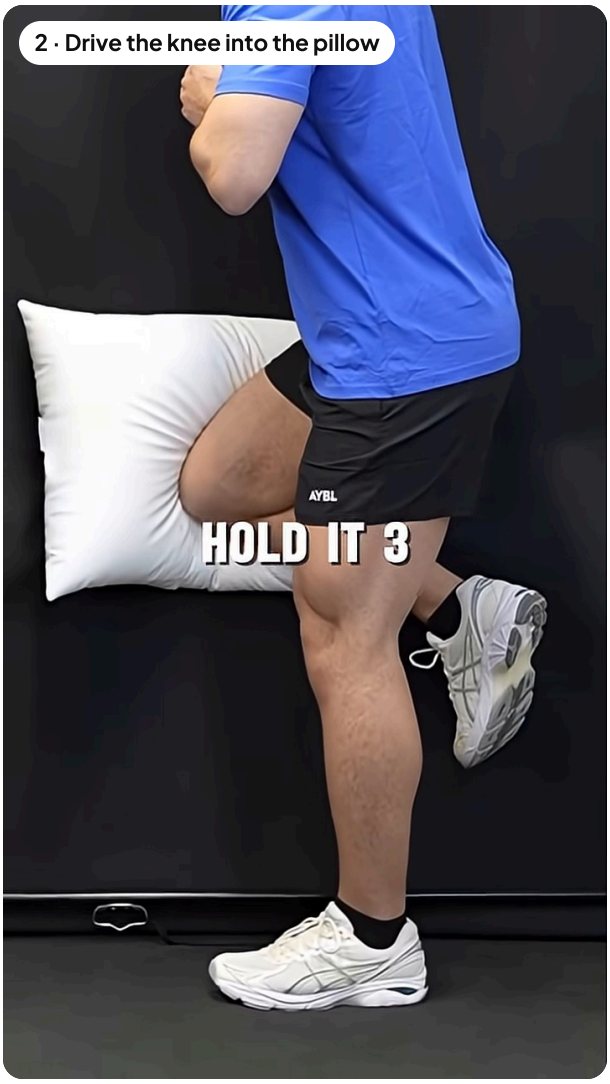
Suggested

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 Single-leg mini squat + wall pillow press

Strengthens the outside hip chain that keeps the knee lined up





1. Stand side-on to a wall with a **pillow** between the wall and your **unaffected knee**. The leg that's hurting is on the outside.
2. **Do a little mini squat** on the sore leg, making sure the **knee is lined up with the toe**. Come right back up.
3. **Drive the unaffected knee into the pillow**: press, press, press.
4. **Hold it 3, 2, 1** and relax. Repeat.

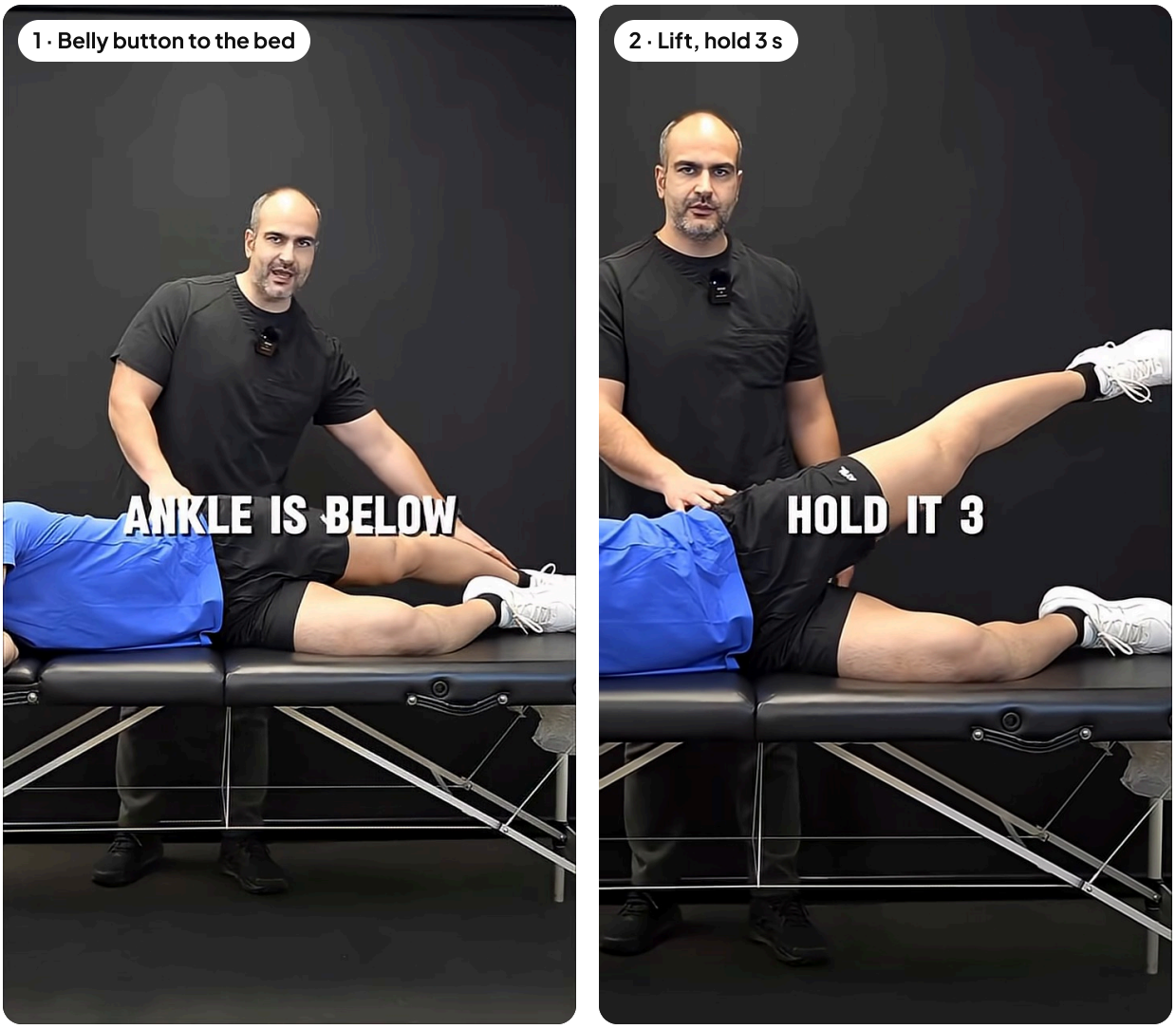
3 sets of 10–15 reps, hold **3 s**

Hold from Armin's video; sets and reps 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 Side-lying leg lift

Strengthens the gluteus medius at the side of the hip



1. **Lie on your side** like this, **belly button pointing towards the bed**.
2. Make sure the **ankle is below shoulder level** (leg slightly back).
3. **Bring that leg up, up, up** and **hold it 3, 2, 1**.
4. **Down slow** and repeat. If it's too easy, use a band around your legs.

3 sets of 10–15 reps, hold **3 s**

Hold from Armin's video; sets and reps 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.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Activate
Standing banded knee pull-apart, 3 × 10–15

02
Strengthen
Mini squat + wall pillow press, 3 × 10–15

03
Strengthen
Side-lying leg lift, 3 × 10–15

The 3-second holds are from Armin's video; sets, reps and doing it once a day are suggestions. The weaker leg should be on the outside for the wall press. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

Watch that your knee stays in line with your toes in every standing exercise.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee 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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