

# Exercise Program for Snapping Hip Syndrome

If you have snapping hip syndrome, performing home exercises can help you regain strength and function in your hip.

There are 4 exercises in this program: Figure 4 Stretch.  
Quadruped Hip Extension.  
Clamshells, and Side Stepping.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do a figure 4 stretch: Lie on your back with your knees bent. Rest the ankle on your affected side over the opposite thigh.

Lift the thigh of your unaffected leg off the floor. Gently pull it toward your chest until you feel a stretch in the buttock and hip of your affected leg.

Hold the stretch for 15 to 30 seconds, then relax.

Repeat 3 times, then switch legs.

To do quadruped hip extensions: Start on the floor on your hands and knees. Keep your knees under your hips and your hands under your shoulders.

Tighten your belly muscles by pulling your belly button in toward your spine.

Raise one leg off the floor, holding it straight behind you.

Hold for 5 seconds, then return to the starting position. Repeat with the other leg.

Repeat 10 times.

To do clamshells: Lie on your side and bend both knees.

Keeping your feet together, lift your top knee up so your knees are separated.

Slowly lower your knee back down.

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Repeat 10 times. Then switch sides.

To do side stepping: Stand with your feet hip-width apart and your toes pointing forward. Keep your knees slightly bent.

Step out to the side with one foot. Then bring your feet together by stepping with the other foot.

Take 10 steps to the same side. Then take 10 steps in the opposite direction.

Repeat 3 times.

Talk to your healthcare provider or physical therapist about these exercises and others to improve function in your hip.