The 5-Day Fix for Hip Pain in Cyclists

(No Need for a New Gym Membership)

Intro:

If hip pain slows your ride—whether from tightness after long miles, weak glutes, or repetitive pedaling mechanics—this 5-day guide will help. These simple strategies can reduce discomfort, improve mobility, and help you know when it's time to seek professional care.

Day 1: Identify Your Source of Pain

Common causes of hip pain in cyclists include:

- Tight hip flexors from prolonged seated posture
- Weak glutes and core
- Imbalances between right and left legs
- Poor bike fit or saddle position

Self-check questions:

- Do your hips ache after long rides or climbing hills?
- Is the pain more on one side?
- Does it hurt when you stand up after sitting?

Day 2: Stretch to Relieve Tension

To release tight muscles that limit hip movement, try these three gentle stretches:

1. **Hip Flexor Stretch (half kneeling or standing lunge)**
2. **Hip 90/90 Stretch**
3. **Standing Hip Circles**

Use this link if you need guidance on these stretches.

Day 3: Movement That Heals

Build stability and strength around your hips to support your cycling form:

- **Squats** with a band around your knees (strengthens hips)
- **Reverse Nordics** (strengthens quads without strain)
- **Single Leg Box Squats** (targets each side individually)

Note: Work within a pain-free range only—never push through sharp pain.

Use this link if you need guidance on these exercises.

Day 4: Habits That Harm Your Hips

Be mindful of these common cyclist habits that lead to hip tightness or pain:

- Sitting for long periods post-ride
- Skipping warm-ups or mobility work
- Riding with poor saddle and/or handlebar height or position
- Focusing only on mileage, not recovery
- Neglecting glute and core strength

Quick corrections and alternatives:

- Do a 5-minute dynamic warm-up before every ride
- Stand and stretch hips every hour if you sit for work
- Add 2–3 strength days per week to balance your body

Day 5: When to See a Sports Chiropractor

Consider professional care if you experience:

- *Hip pain lasting longer than 2 weeks*
- *Pain radiating into your thigh or lower back*
- *Pain that interferes with riding, sleep, or daily movement*

Next Steps:

If this sounds like you, it's time to ride stronger, pain-free, and with more power. Book online at motionsportschiro.janeapp.com or use the QR code below and select the "New Patient Intake + Treatment."

Mention this Hip Guide when you make your appointment, and your first visit will be only $125 (regularly $225).

MOTION
SPORTS CHIROPRACTIC

Dr. Carole Yoshiwara, DC, CCSP®
Motion Sports Chiropractic
1500 Valley House Dr. #210
Rohnert Park, CA 94928

Phone: 707-800-3987
Email: info@motionsportschiro.com
Website: motionsportschiro.com