

HIP PAIN

Shutterstock; iStock (2)

10 Ways to Relieve Daily Hip Pain

Simple, no-cost ways to keep daily hip pain from controlling your life.

By [Marie Suszynski](#)

Updated on January 31, 2024

 Medically Reviewed by [Nicole A. Solomos, DO](#)

When you have daily [pain in your hip](#) from arthritis (the loss of protective cushioning in the joint) or bursitis (inflammation of the fluid-filled sacs that pad the joint), it can make doing everything from walking [to climbing stairs](#) to bending over a chore. But it doesn't have to be that way. Here are 10 things you can do to better manage your hip pain.



Americans Spend ...

NOW PLAYING

Hip Pain from Injur...

Exercising Is The...

Teddi Mellencamp

[Privacy](#) - [Terms](#)

Exercises that strengthen and stretch the muscles that support your hips can reduce pain and increase your range of motion, according to the [American Academy of Orthopedic Surgeons \(AAOS\)](#). The bridge is one exercise recommended by the [Arthritis Foundation](#). It works your gluteus muscles (the muscles in your buttocks) and hamstrings (the back of your thighs) and stretches the front of your hip. Lie on your back with your legs bent and your feet flat on the floor, hip-width apart. Press down through your ankles and raise your buttocks off the floor while you tighten your abdominal muscles. Keep your knees aligned with your ankles and aim for a straight line from knees to shoulders, being sure not to arch your back; hold this position for three to five seconds and then slowly lower your buttocks back to the floor. Start with one set of 10 and build up to two or three sets.

2. Stretch to Ease Stiffness

The [AAOS](#) suggests this stretch for the sides of your hips: Stand with your left hand against a wall or a chair for support. Cross your left leg behind your right. Lean your upper body to the right and push your hips to the left until you feel a stretch along the outside of your hip. Hold the stretch for 30 seconds and repeat four times. Do the same on the other side.

3. Strengthen Outer Thighs

Strengthening is very important to reduce hip pain. To build up the muscles in your outer thigh, lie on your pain-free side and lift the leg with arthritis up about six inches, hold for five seconds, and lower it again. Aim for 8 to 12 repetitions. Repeat

4. Strengthen Inner Thighs

This is another muscle group that helps support your hips. Lie on your side, with a folded towel under your hip if you need more cushioning. Bend your top knee and bring it forward to the floor for support. Raise your lower leg about six inches, hold for five seconds, and lower it again. Start with eight repetitions and work up to 12. Repeat on the other side.

5. Work Out in Water

Be careful with the exercises you choose for cardiovascular health so you don't put extra stress and pressure on your joints. The [Arthritis Foundation](#) says swimming and water [aerobics](#) are wonderful ways to work out without hurting your hip joints.

6. Avoid High-Impact Activities

Running and jumping can make hip pain worse, so it's best to avoid them. The AAOS recommends switching to lower-impact choices, like [walking](#) or cycling.

7. Cool Inflammation With Ice

Icing your hip joint can lower inflammation and help with pain, according to the [Arthritis Foundation](#). Use an ice pack, wrap a towel around it, and put it where you feel the pain. Do this for about 10 to 15 minutes at a time, up to four times a day. Try it right after you exercise if you have pain or swelling.

and promotes healing. It may improve your workouts if you lie on a heating pad for a few minutes before you start. Check with your doctor first if you have bursitis. Heat can aggravate a recent injury.

9. Lose Weight for Arthritis Relief

If you have [osteoarthritis](#) in your hip, the type of arthritis that results from wear and tear of the cartilage in your joint, the AAOS says losing even a few pounds can help offset pressure on the joint and relieve hip pain. It can also keep [bursitis](#) from getting worse.

10. Listen to Your Body

You've probably noticed that exercise can actually help relieve your pain. But when is pain a sign that you should stop exercising or doing a certain activity? Experts from the [Arthritis Foundation](#) say it's normal to feel some soreness the day after exercising, but the pain shouldn't linger or become worse. Also, if you experience a sharp or shooting pain, stop the activity immediately and talk to your doctor or physical therapist.

Was this article helpful?



MEET OUR EXPERTS

[See Our Editorial Policy](#) > [Meet Our Health Expert Network](#) >

[Health Conditions A-Z](#)[Wellness & Self-Care](#)[News](#)[Product Reviews](#)[Find a Doctor](#)[Tools & Resources](#)[About Us](#)[See full bio](#)**Marie Suszynski**

Author

Marie Suszynski is a Pennsylvania-based freelance health journalist who writes authoritative stories on a wide range of topics, including diabetes,...

[See full bio](#)**Sign up for our Healthy Living Newsletter!**[Subscribe](#)

By subscribing you agree to the [Terms of Use](#) and [Privacy Policy](#).

RELATED ARTICLES

[See all in Hip Pain >](#)

PAIN MANAGEMENT

Can Avocado Pit Spray Really Relieve Pain?

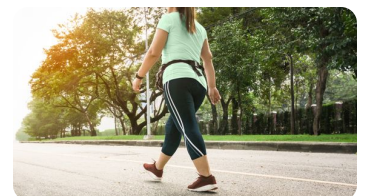
Published on February 24, 2025



BACK PAIN

Walking Is a Powerful Way to Beat Back Pain

Updated on February 14, 2025



PAIN MANAGEMENT

ABDOMINAL PAIN

Why Does My Belly Button Hurt?

✓ Medically Reviewed by Yuying Luo, MD | January 31, 2025



PAIN MANAGEMENT

Kratom Side Effects: Risks to Know

✓ Medically Reviewed by Grant Chu, MD | January 8, 2025



FIBROMYALGIA

Ease the Pain of Fibromyalgia Naturally: Effective Natural Treatments

✓ Medically Reviewed by Beth Biggee, MD | November 27, 2024



BREAST PAIN

Breast Pain (Mastalgia)

✓ Medically Reviewed by Lisa D. Curcio, MD, FACS | October 20, 2024



HIP PAIN

Hip Flexor Pain: Causes, Treatment, and Prevention

✓ Medically Reviewed by Scott Haak, PT, DPT, MTC, CSCS | October 18, 2024



BACK PAIN

Sharp Lower Back Pain: What Causes It and How to Get Relief

FIBROMYALGIA

Beyond Pain: How to Cope With Rare Fibromyalgia Symptoms

Medically Reviewed by Beth Biggee, MD | October 11, 2024



Advertisement



Wellness inspired. Wellness enabled.



A PROPERTY OF  GROUP

- About Us

Editorial Policy

Meet Our Health Expert Network

Careers

Do Not Sell My Personal Information

Health Hubs

Popular Topics

Sitemap
- Privacy Policy

Terms of Use

Consumer Health Data Privacy Policy

Accessibility Statement

Contact Us

All Health Topics

Drugs & Supplements

AdChoices ▶

NEWSLETTERS

Get the best in health and wellness

Enter your email

Subscribe

By subscribing you agree to the Terms of Use and Privacy Policy.

- Health Conditions A-Z ▾
- Wellness & Self-Care ▾
- News ▾
- Product Reviews ▾
- Find a Doctor ▾
- Tools & Resources ▾
- About Us ▾

