

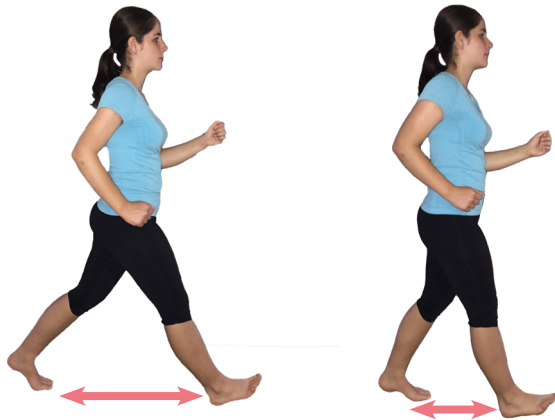
3 Simple Strategies to Reduce Hip Pain in Walking and Running

Do you experience hip pain during or after walking or running?

If so, you are not alone! Hip pain associated with walking or running is one of the most common reasons people visit our Hip Pain Professionals. The hip joints, muscles and tendons must absorb not only the load of your bodyweight during these weightbearing activities, but also the acceleration and deceleration forces imposed by gravity and movement. There are many factors that may influence the amount of force your hips are exposed to and the ability of your joints and muscles to absorb these forces without pain or injury. This handout outlines 3 simple strategies that are helpful for people with many different hip conditions.

1. SHORTEN YOUR STRIDE LENGTH

Are you an overstrider? Do others struggle to keep up with you, stride for stride??



Overstriding

Front leg: greater impact forces transmitted to hip & pelvis
Back leg: thigh travels further back, greater loads at front of hip

Walk with smaller steps while your hip is painful, to reduce aggravating hip loads

Overstriding is a term used to describe walking or running with a particularly long stride or step length.

Key reasons for overstriding:

- Power-walking – often when walkers are trying to get their heart rate up, stride length is increased excessively
- Walking or running with a taller exercise partner and trying to match their stride length and pace
- Being in a hurry – to get somewhere or to get to a finish line!
- Walking on a treadmill – as a treadmill pulls the foot backwards, this may result in the hip moving into more extension (behind the body) before the foot is lifted.

2. WALK AND RUN QUIETLY

Have your family or housemates ever commented on what a noisy walker you are?

Hitting the ground with a noisy, heavy heel strike is often linked to overstriding, but not always. Even if you are not an overstrider, take a moment to listen to yourself walking or running. A harsh heel strike can result in higher forces being transmitted to the hip. If you are hitting a step target of 10,000 steps a day, these forces add up. The great news is that changing these forces when you walk or run, can make a huge and rapid difference to types of hip pain that are related to impact forces.



Listen to yourself as you walk or run and if you hear yourself thumping the ground each time your foot hits the ground, walk or run more softly by simply trying to decrease the sound of your foot falls.

3. MORE FLATS – LESS HILLS

Do you find your hip pain is worse during or after taking to the hills for your walk or run?

Why? Well, for a start, hills are harder. In the same way that you get more out of breath when walking uphill, your legs must work harder to push you up a hill, particularly the muscles of the buttock (gluteals), back of the thighs (hamstrings) and calves. Particular body, hip and thigh positions and actions during hill walking can also increase some of the more challenging loads for tendons of the hips and pelvis. This may for some people result in pain aggravation. Gluteal and hamstring tendon pain around the sides of the hips and lower buttock, can both be especially irritated by uphill walking.



Try sticking to the flats for a while and see if it makes a difference to your hip or pelvic pain. Gradually reintroduce hills when your pain has settled. Your Hip Pain Professional can give you advice on when the time is right for you.