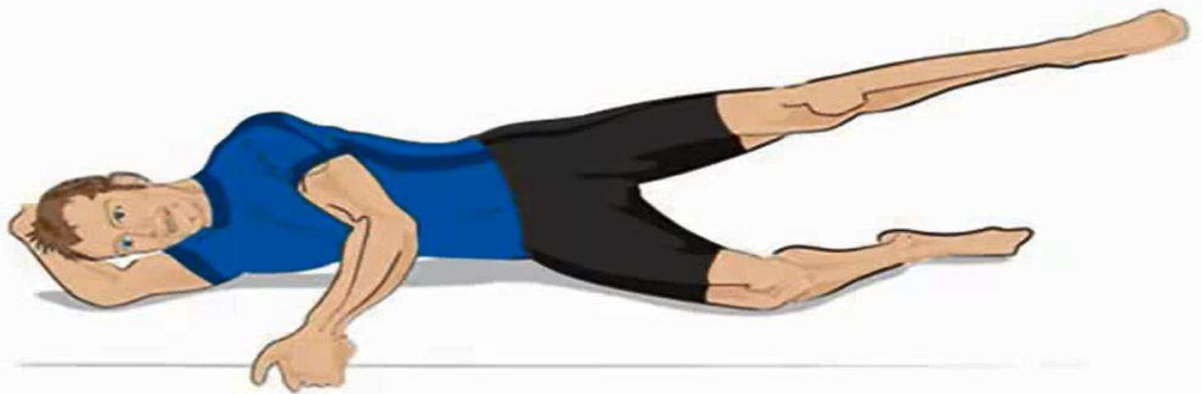


Acetabular Pain



Lying on your side bend your knees just about to 90 degrees and place your feet together. Slowly raise your top leg open and then slowly close. Repeat 10-15 times on each leg for 2-3 sets.



Continue lying on your side, but now stretch your top leg out straight. Just like with the previous stretch slowly raise the leg as far as you can, and then slowly close it back down. You should be able to raise your leg a little further with each repetition. Repeat 10-15 times on each leg for 2-3 sets.



Resting down on the ground on one knee. Keeping a good upright posture slowly and gently stretch your pelvis forward to feel a stretch over your hip joint. Count up to five and slowly return to the starting point. There shouldn't be pain in the hip when you stretch. Repeat exercise 3-5 times on each leg for 2-3 sets.