

Hip Pain **Sit + Stand +** Walk System

The Complete Reset Protocol for
Sitting, Standing, and Walking Pain



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MEDICAL DISCLAIMER

This content is for informational and educational purposes only. It is not medical advice and does not replace the guidance of a licensed healthcare provider. If you are experiencing pain, injury, or any health condition, consult a qualified medical professional before beginning any movement or self-management program. Do not use this content to diagnose or treat any condition.

WHO THIS GUIDE IS FOR

If your hip catches when you stand up from a chair, aches after a long walk, or feels stiff and tight the moment you sit down for too long — this guide is built for you.

THE PATTERN

You got out of the car and your hip locked up before you could straighten. You are not alone. Here is the first step.

Hip pain rarely comes from one single moment. It usually comes from a pattern — too much sitting, then a sudden demand on the joint that it wasn't ready for. Load versus capacity. Not permission to push through, and not a reason to stop moving altogether.

WHAT IS ACTUALLY HAPPENING

The hip is a deep ball-and-socket joint surrounded by muscles that stabilize it in every direction — front, back, and side. Long periods of sitting shorten the muscles in front of the hip and let the muscles around the back and side of the hip go quiet. When you then stand, walk, or climb stairs, the joint is asked to do a job those quiet muscles aren't ready for. That mismatch is what you feel as catching, aching, or stiffness. This does not mean something is damaged. It means the joint needs a different pattern.

FEEL CHECK

Required before every session.

Expected: mild stretch, light tension, controlled movement

Not acceptable: sharp pain, increased symptoms, loss of control

If you experience sharp pain, numbness, tingling, or any symptoms listed below — stop immediately and consult a healthcare provider.

RED FLAG PROTOCOL

Stop and seek immediate medical attention if you experience:

- Loss of bladder or bowel control
- Numbness or tingling in the groin or inner thigh
- Sudden severe weakness in both legs
- Chest pain, dizziness, or difficulty breathing during movement
- Symptoms that are rapidly worsening

Stop and consult a licensed provider before continuing if you experience:

- New or increasing numbness or tingling down the leg or into the foot
- Sharp shooting pain that worsens with every attempt at movement
- Significant increase in symptoms after two or more sessions
- Fever, unexplained weight loss, or night pain that wakes you from sleep

THREE ENVIRONMENTS

At Home — Floor Based

Your hip locked up getting off the couch after a movie. Here is what to do first. Try the Supine Hip Flexor Stretch and Bird Dog. Full instructions are in the Exercise System below.

At Work — Seated Based

Sitting through a long meeting triggers your hip the moment you stand. Here is what to do first. Try the Seated Figure-4 Stretch and 90/90 Hip Switch before you stand back up. Full instructions are in the Exercise System below.

In Your Vehicle — Standing Based

You climbed out of the car after a long drive and your hip wouldn't fully straighten. Here is what to do first. Try the Standing Hip Hinge and Single Leg Balance Reach before you walk away from the car. Full instructions are in the Exercise System below.

THE EXERCISE SYSTEM — ROADMAP

Nine exercises, three phases, in the order your body actually needs them. You can skim this page now to see the shape of the whole system, and come back to read each exercise in full when you're ready to do it.

REDUCE LOAD → REACTIVATE STABILIZERS → RESTORE MOVEMENT

Phase 1 — Reduce Load (3 exercises)

Calms the joint and reduces irritation before asking it to work.

1. Supine Hip Flexor Stretch
2. Seated Figure-4 Stretch
3. 90/90 Hip Switch

Phase 2 — Reactivate Stabilizers (3 exercises)

Wakes up the muscles that went quiet from sitting.

4. Clamshell
5. Glute Bridge
6. Bird Dog

Phase 3 — Restore Movement (3 exercises)

Rebuilds the pattern needed for standing, walking, and stairs.

7. Standing Hip Hinge
8. Single Leg Balance Reach
9. Step-Up With Controlled Tempo

PHASE 1 — REDUCE LOAD

Full instructions for Exercises 1 through 3 are on the following pages.

Supine Hip Flexor Stretch

START



END



TARGET AREA:

Front of the hip (hip flexors)



MAY HELP WITH:

Tightness after prolonged sitting, difficulty standing fully upright



STEPS:

1. Lie on your back near the edge of a bed or bench
2. Let one leg hang off the edge toward the floor
3. Pull the opposite knee toward your chest with both hands
4. Hold 30 to 45 seconds, then switch sides



REPS / HOLD:

30–45 seconds per side, 2 rounds



COMMON MISTAKES TO AVOID:

- Arching the lower back excessively
- Pulling the bent knee too hard or too high
- Letting the hanging leg rotate outward

Seated Figure-4 Stretch

START



END



TARGET AREA:

Glutes and outer hip (piriformis region)



MAY HELP WITH:

Deep hip and glute tightness,
sciatic-type discomfort



STEPS:

1. Sit upright with both feet flat on the floor
2. Cross one ankle over the opposite knee
3. Lean forward gently from the hips, keeping your back flat
4. Hold 30 seconds, then switch sides



REPS / HOLD:

30 seconds per side, 2 rounds



COMMON MISTAKES TO AVOID:

- Rounding the back instead of hinging at the hips
- Forcing the stretch past a tolerable range
- Lifting the crossed ankle too high onto the thigh

90/90 Hip Switch

START



END



TARGET AREA:

Hip rotation (internal and external)



MAY HELP WITH:

Restoring rotational hip mobility lost from prolonged sitting



STEPS:

1. Sit on the floor with both knees bent to one side at 90 degrees
2. Keep your chest tall and hands lightly supporting on the floor
3. Slowly rotate both knees to the opposite side, staying controlled
4. Repeat side to side



REPS / HOLD:

8 controlled switches per side



COMMON MISTAKES TO AVOID:

- Using momentum to swing through the movement
- Lifting the hips off the floor
- Moving too fast to stay in control

YOU ARE HERE

**REDUCE LOAD → REACTIVATE STABILIZERS → RESTORE
MOVEMENT**

You've completed Phase 1

This next phase has 3 exercises and wakes up the muscles that went quiet from sitting, preparing your hip to stabilize itself again before you ask it to move.

PHASE 2 — REACTIVATE STABILIZERS

Full instructions for Exercises 4 through 6 are on the following pages.

Clamshell

START

END



TARGET AREA:

Outer hip (glute medius)



MAY HELP WITH:

Hip stability during standing and walking



STEPS:

1. Lie on your side with knees bent and feet stacked together
2. Keep feet touching as you lift the top knee open
3. Lower with control back to the starting position
4. Complete all reps, then switch sides



REPS / HOLD:

2 sets of 12 per side



COMMON MISTAKES TO AVOID:

- Rolling the hips backward during the lift
- Lifting the knee higher than a controlled range allows
- Using momentum instead of a slow, controlled lift

Glute Bridge

START



END



TARGET AREA:

Glutes and posterior hip chain



MAY HELP WITH:

Reactivating stabilizers dulled by prolonged sitting



STEPS:

1. Lie on your back with knees bent and feet flat
2. Press through your heels and lift your hips
3. Squeeze at the top, forming a straight line from knees to shoulders
4. Lower with control and repeat



REPS / HOLD:

2 sets of 12



COMMON MISTAKES TO AVOID:

- Overarching the lower back at the top
- Pushing through the toes instead of the heels
- Rushing the lift instead of controlling the tempo

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Bird Dog

START

END



TARGET AREA:

Core and hip stabilizers



MAY HELP WITH:

Coordinated trunk and hip control



STEPS:

1. Start on hands and knees with a flat, neutral back
2. Extend one arm forward and the opposite leg back at the same time
3. Hold briefly while keeping your hips level
4. Return with control and switch sides



REPS / HOLD:

2 sets of 8 per side



COMMON MISTAKES TO AVOID:

- Rotating the hips or shoulders instead of staying level
- Overextending the low back
- Moving too fast to stay controlled

YOU ARE HERE

**REDUCE LOAD → REACTIVATE STABILIZERS → RESTORE
MOVEMENT**

You've completed Phase 2

This final phase has 3 exercises and rebuilds the pattern your hip needs for standing, walking, and stairs — the actual movements this guide is built around.

PHASE 3 — RESTORE MOVEMENT

Full instructions for Exercises 7 through 9 are on the following pages.

Standing Hip Hinge

START



END



TARGET AREA:

Posterior chain and
hip mechanics



MAY HELP WITH:

Safer bending, standing
up from a seated position



STEPS:

1. Stand tall with feet hip-width apart
2. Push your hips back while keeping your back flat
3. Let your torso lower toward parallel with a slight knee bend
4. Drive your hips forward to return to standing



REPS / HOLD:

2 sets of 10



COMMON MISTAKES TO AVOID:

- Rounding the low back
- Bending mainly through the knees instead of the hips
- Hinging too fast to stay controlled

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Single Leg Balance Reach

START



END



TARGET AREA:

Hip stabilizers and balance control



MAY HELP WITH:

Uneven walking, confidence on uneven ground



STEPS:

1. Stand tall and balanced on one leg
2. Slowly hinge forward, reaching the opposite hand toward the floor
3. Let the lifted leg extend back for counterbalance
4. Return to standing with control and switch sides



REPS / HOLD:

20–30 seconds per side,
2 rounds



COMMON MISTAKES TO AVOID:

- Rushing the reach instead of moving with control
- Letting the standing knee cave inward
- Holding your breath through the movement

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Step-Up With Controlled Tempo

START

END



TARGET AREA:

Hip and knee,
functional strength



MAY HELP WITH:

Stairs, uneven terrain,
standing from low
surfaces



STEPS:

1. Stand in front of a low, stable platform
2. Place one foot fully on the platform
3. Drive through that leg to stand on top, without pushing off the trailing leg
4. Step down with control and repeat



REPS / HOLD:

2 sets of 10 per side



COMMON MISTAKES TO AVOID:

- Pushing off the trailing leg instead of driving through the working leg
- Leaning the torso too far forward
- Stepping down carelessly instead of with control

Start with this. Then build gradually. Once this feels controlled, progress to the next phase. Begin with 2 sets, then increase over time.

TOPICAL PROTOCOL

Step 1 — Morning application

Step 2 — Reapply every 2 to 3 hours

Step 3 — Combination protocol: menthol first, wait 2 to 3 minutes, CBD cream second. Menthol is the penetration driver. CBD penetrates deeper and delivers anti-inflammatory effect.

Step 4 — Salonpas patch for hands-free sustained relief.

These tools will not fix the problem. But they may help reduce pain and discomfort so you can move better and build tolerance again.

If sitting all day keeps tightening your hip, keep these nearby so you are not scrambling during a flare-up:

3,500mg CBD Pain Relief Cream — Biotech CBD

<https://tidd.ly/4sOSk5q>

Salonpas Lidocaine 4% Pain Relieving Gel Patch

<https://amzn.to/4xov4gJ>

Explore more relief tools at [PainCareSupply.com](https://paincaresupply.com) — click Shop Pain Relief Tools in the menu.

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IF A FLARE HITS WHILE YOU'RE WORKING THROUGH THIS

Get The Flare-Up Reset free at paincaresupply.com/free — it walks you through exactly what to do the moment pain spikes, so you're never standing there guessing.

This is a free resource from Pain Care Supply. By downloading, you will be added to our email list. You may unsubscribe at any time.

WHEN TO SEE A PROVIDER

If pain persists beyond two to three weeks of consistent effort, worsens instead of improves, or any red flag symptom above appears — consult a licensed healthcare provider.

RESEARCH REFERENCES

The information presented in this guide is informed by clinical practice guidelines, peer-reviewed research, and evidence-based educational resources available at the time of publication.

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All citations above have been verified against live database records as of this printing (August 2026).

FINAL PRINCIPLE

Pain does not always indicate damage, but always requires attention. Control the load. Build capacity gradually. Your hip is not broken — it is responding to a pattern, and that pattern can change.

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