

THE HIP PAIN SITTING PROTOCOL

5 Simple Moves to
Sit Without Pain —
Starting Today



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Before You Begin

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If you experience sharp pain, numbness, tingling, or any symptoms listed in the red flag section — stop immediately and consult a healthcare provider.

Do This First

If sitting keeps triggering your hip pain, you are not alone — and it does not mean something is structurally wrong.

When you sit, the hip joint holds close to 90 degrees of flexion for extended periods. Research on prolonged sitting has found this position is associated with a measurable loss of passive hip extension over time, likely reflecting adaptive stiffness in the hip flexor muscles rather than joint damage. That same seated posture also changes how load transfers through the pelvis, which can shift alignment through the lower back and increase stress on the surrounding tissue.

None of this means damage is occurring. It means load and position — not injury — are usually driving the discomfort. That distinction matters, because the fix is about changing how the hip is loaded throughout the day, not about resting it completely.

1. Change your base of support. Small weight shifts and supported positioning reduce sustained pressure on the hip without requiring you to stand up.
2. Reactivate before you restore. A few minutes of light, controlled activation wakes up the stabilizers around the hip that sitting tends to switch off.
3. Build the transition. Standing up and sitting down is often the most painful moment of the day — practicing it slowly, in a controlled way, is part of the fix.

The five exercises in this guide are grouped in the order your hip actually needs them: reduce load first, reactivate the stabilizers next, then restore full movement. Follow them in order the first few times through.

EXERCISE 1 | PHASE: REDUCE LOAD

THE WEIGHT SHIFT



TARGET AREA:

Hip, lower back



MAY HELP WITH:

Pressure-related hip pain while seated

START

Centered Weight



FINISH

Shifted to Less Painful Side



STEPS

- 1 Sit toward the front edge of a firm chair
- 2 Shift weight gently onto the less painful side
- 3 Hold for a slow count of 5
- 4 Return to center with control

REPS / HOLD



5 shifts per side,
hold 5 seconds each

COMMON MISTAKES



Sliding too far forward off the seat



Shifting too fast instead of slow and controlled

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THE SUPPORTED LEAN



TARGET AREA:

Hip, pelvis

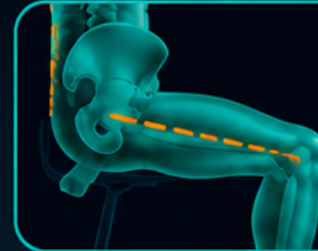


MAY HELP WITH:

Hip pain from prolonged unsupported sitting

STEPS

- 1 Place a rolled towel or small cushion at your lower back
- 2 Sit back fully into the chair
- 3 Adjust height so knees sit slightly below hip level
- 4 Rest here, breathing slowly



Supported Lean Angle

Hips slightly higher than knees

COMMON MISTAKES

- ✗ Sitting on the edge instead of sitting fully back
- ✗ Letting knees rise above hip level

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THE SEATED HIP SET

STEPS

- 1 Sit upright, feet flat on the floor
- 2 Place one hand on top of the thigh
- 3 Gently push the leg up into the hand's resistance
- 4 Hold, then release slowly



TARGET AREA:
Hip flexors,
deep stabilizers



MAY HELP WITH:
Weak or “asleep”
hip stabilizers
from long sitting

HOW IT WORKS



Light contraction
activates deep
hip stabilizers
without moving
the joint.

REPS / HOLD



8 reps per side,
hold 3 seconds each

COMMON MISTAKES



Pushing too hard
instead of a light,
controlled
contraction



Holding your breath
during the push

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THE HEEL SLIDE ACTIVATION



TARGET AREA:

Hip, hamstring,
deep stabilizers



MAY HELP WITH:

Stiffness and stabilizer
inactivity from sitting
too long

START

Knee Bent



FINISH

Knee Extended



STEPS

- 1 Sit upright with feet flat on the floor
- 2 Slowly slide one heel forward, extending the knee
- 3 Slide the heel back to the starting position
- 4 Keep the motion slow and controlled throughout

REPS / HOLD



10 slides
per side

COMMON MISTAKES



Sliding too fast



Letting the back
round forward
during the slide

EXERCISE 5 | PHASE: RESTORE MOVEMENT

THE STAND-TO-SIT RESET



TARGET AREA:
Hip, glutes, quads



MAY HELP WITH:
Pain or stiffness when transitioning between sitting and standing

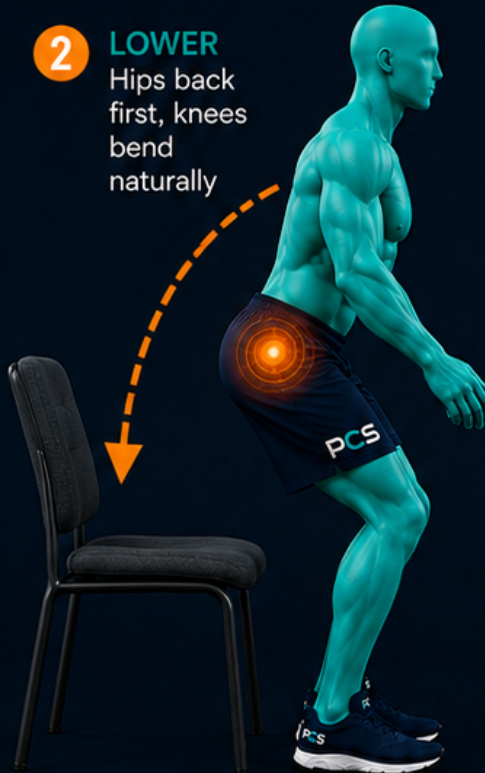
1 STAND

Feet hip-width apart in front of the chair



2 LOWER

Hips back first, knees bend naturally



3 SIT

Lower with control until seated



STEPS

- 1 Stand in front of the chair, feet hip-width apart
- 2 Reach hips back first, letting knees bend naturally
- 3 Lower with control until seated
- 4 Pause, then reverse the motion to stand back up

REPS / HOLD



6 controlled transitions

COMMON MISTAKES



Leading with the knees instead of the hips



Dropping into the seat instead of controlling the descent

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Beyond the Chair

The five moves in this guide are seated on purpose — they are built for the exact moment your hip pain shows up: while you are sitting. Once that feels more manageable, standing and floor-based movement are the next layer. A few starting points:

Standing Hip Circles

Gentle circular motion at the hip to restore range once you are upright and moving again.

Supported Standing March

Light marching in place near a wall or counter to rebuild single-leg hip stability.

Wall-Supported Hip Hinge

A controlled forward hinge using a wall or counter for support — a bridge between sitting and standing loads.

Floor-Based Knee-to-Chest Stretch

A gentle stretch to release tension through the hip and lower back once floor position is comfortable.

These four are just the starting point. The full standing and floor-based system — with complete posters, step-by-step instructions, and a progressive framework — is built out in *Why Your Hip and Knee Keep Breaking Down*, available now on Kindle.

[Get the complete system: Why Your Hip and Knee Keep Breaking Down →](#)

Where This Fits Into Your Day

AT WORK

Use the Supported Lean or Weight Shift right at your desk between meetings. No one will notice you doing them.

AT HOME

Run through all five in order once a day, seated in a firm chair, as a short reset.

IN YOUR VEHICLE

The Seated Hip Set and Heel Slide Activation both work at a red light or before you get out of the car after a long drive.

Keep This Nearby

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 this keeps happening at your desk — these are tools people commonly keep nearby:

3,500mg CBD Pain Relief Cream — Biotech CBD

This is one of the first tools people reach for during a flare. Keep it nearby during work hours or long stretches of sitting.

Biofreeze Professional Pain Relief Gel

A topical many people use alongside CBD for a quick cooling response before or after a long sitting stretch.

Massage Balls (Trigger Point / Myofascial Release Balls)

Useful for working directly into tight hip and glute tissue after time spent seated.

Explore more relief tools at PainCareSupply.com

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Your Next Step

If sitting keeps triggering your pain — get The Flare-Up Reset free at paincaresupply.com/free

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.

Prolonged Sitting and Physical Inactivity Are Associated With Limited Hip Extension: A Cross-Sectional Study.

Musculoskeletal Science and Practice, 2021 — Cross-sectional study on hip extension and sitting.

Comparison of Pelvic Tilt Before and After Hip Flexor Stretching in Healthy Adults.

Journal of Manipulative and Physiological Therapeutics, 2021 — Clinical trial on hip flexor length and pelvic tilt.

A Cross-Sectional Study on Association of Iliopsoas Muscle Length With Lumbar Lordosis Among Desk Job Workers.

Indian Journal of Occupational and Environmental Medicine, 2024 — Cross-sectional study in desk workers.

Effects of Proprioceptive Neuromuscular Facilitation Stretching and Kinesiology Taping on Pelvic Compensation During Double-Knee Extension.

PMC, 2015 — Randomized comparative study on pelvic compensation patterns.

An Eight-Week Randomized Controlled Trial of Active Mobilization of the Hamstrings for Non-Specific Low Back Pain and Musculoskeletal Discomfort During Prolonged Sitting Among Young People: Study Protocol.

PMC, 2024 — Randomized controlled trial protocol on prolonged-sitting discomfort.

When to Get It Checked

RED FLAG PROTOCOL

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

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