

Hip Impingement (FAI) Rehabilitation

Clinical Practice Guidelines & Home Exercise Program

Author: PT Ahmad Al Hariri

Specialty: Physical Therapy & Rehabilitation

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Clinical Purpose: Femoroacetabular impingement (FAI) occurs when there is abnormal contact between the femoral head and the acetabulum. Targeted physical therapy focuses on optimizing joint mobility, correcting pelvic alignment, improving neuromuscular control, and strengthening key stabilizing muscles without provoking joint irritation.

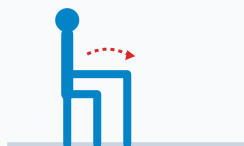
1. Hip Flexor Mobility & Stretching

Tight iliopsoas muscles often exacerbate anterior hip pinching during daily movements. Gentle elongation helps restore proper resting length and pelvic posture.

Half-Kneeling Hip Flexor Stretch

Kneel on the affected side, opposite foot forward. Keep torso upright.

- Gently shift hips forward.
- Engage glutes & draw navel inward.
- Hold 20–30s | Repeat 3 times.



Supine Knee-to-Chest Stretch

Lie flat on your back with legs extended. Pull one knee gently toward your chest.

- Keep non-exercising leg flat.
- Avoid forcing into sharp pain.
- Hold 20–30s | Repeat 3 times.



2. Deep Rotator & Groin Flexibility

Addressing piriformis tension and adductor restriction is vital for balancing rotational forces across the hip joint capsule.

2. Rotator & Groin Flexibility (Continued)

Piriformis Figure-4 Stretch

Lie on your back with knees bent. Cross one ankle over the opposite knee.

- Pull supporting thigh toward chest.
- Feel stretch in outer hip/glute.
- Hold 20–30s | Switch sides.



Seated Butterfly Stretch

Sit upright with soles of feet pressed together. Allow knees to drop outward.

- Root down through sit bones.
- Hinge slightly forward from hips.
- Hold 20–30s | Repeat 3 times.



3. Hip & Core Strengthening Protocols

Building foundational strength in the gluteal and core musculature protects the joint mechanism and improves dynamic stability.

Glute Bridge

Lie on your back with knees bent and feet flat. Engage glutes and lift hips upward.

- Align hips with knees & shoulders.
- Hold for 2-3 seconds at top.
- 2–3 sets of 10–15 repetitions.



Clamshell Exercise

Lie on side with knees bent at 90 degrees. Keep feet together and lift top knee.

- Prevent pelvis from rolling back.
- Targets gluteus medius stability.
- 2 sets of 15 reps per side.



Movements & Activities to Avoid

To prevent aggravating impingement symptoms during recovery, strictly minimize or avoid:

- Deep flexion combined with internal/external rotation (e.g., deep squats, heavy leg press).
- High-impact jumping, high knees, and explosive lunging.
- Rowing machines or cycling with excessively low seat heights.