

THE HIP PAIN SOLUTION

THE BEST WAY TO IMPROVE STRENGTH AND MOBILITY

A SIMPLE GUIDE TO RESTORING HIP
FUNCTION THROUGH TARGETED
MOVEMENT



DR. PADEN WOLFE



INTRODUCTION

Why Hips Matter More Than You Think

Whether it's a dull ache after sitting too long, discomfort during your walks or workouts, or sharp pain when climbing stairs—**hip pain can quietly take over your daily life.**

And while stretching may offer temporary relief, real, lasting results come from understanding the source of the problem and addressing it with the **right movements.**

Your hips are a powerful and complex joint system. They support your spine, connect your lower and upper body, and absorb shock with every step. When they're weak or restricted, other areas—like your lower back, knees, or even ankles—often compensate, creating a ripple effect of discomfort.

This guide will show you how to take back control of your hip health through **three key strategies:**

- Targeted strength training for your glutes
- Movements to restore healthy hip mobility
- Functional resistance work to stabilize and protect the joint

Let's get started.

ABOUT MILE HIGH PHYSICAL THERAPY

Mile High Physical Therapy: Helping You Find Lasting Hip Pain Relief

Located in the heart of Denver, CO, Mile High Physical Therapy is dedicated to helping people regain strength, mobility, and confidence—without relying on surgery, medication, or temporary fixes.

We understand how frustrating it can be to live with ongoing hip pain—especially when previous treatments haven't worked. Whether it's tightness, limited mobility, or sharp discomfort with walking, sitting, or standing, **hip pain can disrupt every part of your daily life.**

That's why we take a comprehensive, movement-based approach. Our team combines advanced techniques, manual therapy, and personalized exercises to treat the root cause of your pain—not just manage the symptoms. Our mission is simple: **help you move freely and live pain-free.**



www.milehighphysicaltherapy.com

ABOUT DR. PADEN WOLFE

Meet Dr. Paden Wolfe: 30+ Years of Experience in providing Hip Pain Relief

With over three decades of experience, Dr. Paden Wolfe, MSPT, DPT, has helped thousands of patients overcome hip pain, hip arthritis, and mobility issues without surgery.



His deep expertise in biomechanics and movement science allows him to develop tailored, effective solutions for each unique body.

His approach often includes:

- Manual therapy and hands-on techniques to restore joint mobility and reduce tension
- Biomechanical assessments to identify movement imbalances causing strain on the hips
- Dry needling for targeted pain relief and improved muscle activation
- Custom home programs to improve hip strength, flexibility, and long-term function

If you've tried stretching, massage, or medication but still experience hip discomfort, it may be time for a more comprehensive solution. **Dr. Wolfe's research-backed, personalized approach is designed to help you move better, feel stronger, and get back to the activities you love.**

WHY YOUR HIPS FEEL TIGHT, WEAK, OR OUT OF BALANCE

When it comes to hip pain, most people assume the joint itself is the problem. But more often than not, the real issue isn't damage—it's dysfunction.

Tightness, weakness, and instability around the hip are often the result of long-standing movement habits—like sitting for long periods, favoring one side, or walking without core support. And because the hips are central to your entire movement system, even small imbalances can affect your back, knees, posture, and gait.

That's why lasting relief comes from restoring balance—not just stretching what's tight or resting what hurts.

In the next few pages, you'll learn **three simple strategies** that correct the underlying issues behind most hip pain:

- Building strength in your glutes and stabilizing muscles
- Improving hip mobility and rotation
- Strengthening key areas to support daily movement

These are the same foundational techniques we use every day in our clinic to help patients move better and feel stronger. Let's start with the first one.

STRENGTHEN YOUR GLUTES FOR HIP STABILITY

Your gluteus medius and gluteus maximus aren't just about power—they're essential for stabilizing your pelvis and controlling hip movement. Weak glutes can lead to hip misalignment, increased joint strain, and even referred pain into the back or knees.

Why It Matters:

- Gluteus medius helps control side-to-side movement and keeps your pelvis level.
- Gluteus maximus is your largest hip extender—essential for walking, running, and lifting.

Try This: Side-Lying Leg Raises (for Glute Medius)

- Lie on your side with your legs straight.
- Lift your top leg slightly behind the hip without letting your pelvis roll forward.
- Hold for 2–3 seconds and lower with control.
- Repeat for 12–15 reps per side.



Try This: Glute Bridges (for Glute Maximus)

- Lie on your back with knees bent and feet flat.
- Drive through your heels to lift your hips until your body forms a straight line from shoulders to knees.
- Squeeze your glutes at the top, hold for 2–3 seconds, then lower slowly.
- Perform 2–3 sets of 10–15 reps.



RESTORE HIP RANGE OF MOTION

A healthy hip joint needs freedom to move. Tightness in the front of the hip (hip flexors), deep rotators, or even the joint capsule can lead to stiffness, limited stride, and pain with squatting or bending.

Why It Matters:

- Limited mobility increases compensation from the lower back.
- It disrupts walking, running, and sitting posture.
- Mobility is the foundation for functional strength.

Try This: Hip 90/90 Stretch (for internal and external rotation)

- Sit with one leg in front bent at 90 degrees, and the other behind you also at 90 degrees.
- Keep your torso tall and lean forward gently over your front leg.
- Hold for 30-45 seconds, switch sides.



Try This: Active Hip Circles

- Stand with one knee raised to hip height.
- Rotate the knee outward, then complete a slow circular motion.
- Perform 10-15 reps per direction per side to improve joint control.



BUILD EXTERNAL ROTATOR STRENGTH WITH A BAND

Your hip's external rotators (including the piriformis and deeper stabilizers) are small but critical muscles that help maintain joint alignment and control rotation—especially when you're walking, lunging, or changing direction.

Why It Matters:

- Supports balance and alignment during movement
- Helps prevent overuse injuries in the knees and lower back
- Key for stability during walking, running, or stairs
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Try This: Banded Clamshells

- Place a looped resistance band above your knees.
- Lie on your side with knees bent and feet together.
- Keeping feet touching, lift your top knee, then slowly return to the starting position.
- Do 12–15 reps on each side for 2–3 sets.



Try This: Standing Band Hip Rotation

- Loop a resistance band around your thighs.
- In a partial squat position, externally rotate one hip by stepping out and pivoting slightly.
- Focus on keeping your core tight and glutes active.



FINAL THOUGHTS: REAL RELIEF COMES FROM THE RIGHT MOVEMENTS

Hip pain doesn't have to be your "new normal." Many people assume discomfort is just part of aging or past injuries—but with the right approach, your body can move well again.

Relief isn't about doing more—it's about doing the right things. Targeted strengthening, mobility work, and controlled movement restore balance to your hips and reduce the stress that causes pain.

The three strategies in this guide—glute strength, hip mobility, and external rotation control—form the foundation for healthy, pain-free movement. Whether you're walking, standing, or getting out of a chair, your hips are at the center of it all.

When your hips move the way they're designed to, life feels easier:

- You walk taller
- Sit and stand without aching
- Get back to the things you love—without pain

This guide is your starting point. Small, consistent actions today lead to big improvements over time. Stick with it, and your body will reward you.

READY FOR MORE SUPPORT?

If your hip pain hasn't gone away—or if stretching, foam rolling, or rest haven't helped—it's time to look deeper. At Mile High Physical Therapy, we don't just treat symptoms.

We assess how your body moves as a whole to uncover the root cause of your discomfort and build a personalized plan to restore strength, mobility, and ease.

Whether it's stiffness when walking, sharp pain with movement, or a nagging ache that won't let up—we're here to help you move better and feel stronger.

What to Expect from Your Free Discovery Visit:

- One-on-one movement and strength evaluation with a Doctor of Physical Therapy
- Clear insight into what's really driving your hip pain
- A tailored strategy to reduce discomfort, improve mobility, and help you feel stronger

You don't have to keep guessing—or pushing through discomfort. Let's find out what's really going on and help you get back to living without limitations.

 **[Click here to schedule your FREE Discovery Visit](#)**

We're here to help you move with confidence, feel better, and get back to doing what you love—pain-free.

Conclusion and Next Steps

Hip pain doesn't have to limit your lifestyle. With the right combination of targeted strength exercises, mobility work, and controlled movement, you can rebuild stability, restore comfort, and move with confidence again. Start practicing the strategies in this guide and take the first step toward lasting relief.

Take the First Step Toward Hip Pain Relief Today



Whether you're struggling with stiffness, aching after activity, or discomfort with everyday movement, there's a better way forward. The sooner you address the underlying cause of your hip pain, the easier it is to correct—and the faster you can get back to doing what you love.

BOOK A FREE DISCOVERY VISIT TODAY!

<https://www.milehighphysicaltherapy.com/discovery-visit/>

We're here to support you beyond this guide. Visit our website or reach out directly to learn more about how we can help you move freely—without hip pain slowing you down.



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