

## HIP PAIN – FEMORO-ACETABULAR IMPINGEMENT (FAI)

What movements can I do that will not aggravate my hip pain if I have been diagnosed with FAI?

Breakdown and analyse the movement and ask yourself these 3 questions:

1	Is your painful leg's knee going across the mid line? e.g. eagle pose in yoga	Y	N
2	Is your painful hip rolling/turning in? e.g. hero pose in yoga	Y	N
3	Is your painful hip flexing more than 110°/coming close to your chest? e.g. grand battement in dance	Y	N

- If you answer yes to all three questions, then there is a high probability (>95%) that the movement will be painful and irritate your hip.
- If you answer yes to 2 questions, then there is a 50% chance that the movement will irritate your hip.
- If you answer yes to 1 question, then there is a 25% chance that the movement will irritate your hip.