

Help for the sore spot on the side of your hip

Small changes for sitting, standing and resting at home



A free guide from Daywick. Start with the chair you sit in most.

Start with one small change

Thank you for choosing Daywick. If the sore spot on the side of your hip has made ordinary things harder, this guide gives you a few changes you can try at home.

Begin with the chair you use most. Then look at how you stand and how you support your legs in bed. You can start before your belt arrives.

- 1.** Choose a firm chair with armrests. Keep both feet on the floor and your legs uncrossed.
- 2.** Change position before a long spell in one place makes you stiff. Keep using any walking aid prescribed for you.
- 3.** Try one change at a time. Notice how your hip feels later that day and the next morning.

Good to know

Hip pain has several possible causes. These pages explain pressure on the outer hip. A doctor or physical therapist can check what is causing your pain. If you have had hip surgery, follow your own care team's instructions first.

What presses on the sore spot?

Two muscles in your buttock help keep your pelvis steady when you walk. They are called the gluteus medius and gluteus minimus.

Their tendons join them to the bony bump on the outside of your upper thigh. That bump is called the greater trochanter. A tendon is the strong tissue that joins a muscle to bone.

A tough strip of tissue called the iliotibial band runs over the outside of this area. When your leg crosses toward the middle of your body, it can press the tendons against the bone. Lying directly on a sore hip adds pressure from outside.

If those tendons are sensitive, pressure and more activity than they can manage may bring on the ache. This is one reason crossed legs, a low chair or lying on that side can feel sore.

Good to know

The Hidden Clamp video uses that name for pressure around the outer hip. It is a description, not a diagnosis. Reducing pressure and gradually rebuilding strength are useful parts of care for this kind of tendon pain.

Sit with both feet on the floor



- 1.** Use a firm chair with armrests. Aim for your hips to sit a little higher than your knees, with both feet supported.
- 2.** Keep your knees and feet comfortably apart and in line. Leave your legs and ankles uncrossed.
- 3.** Use the armrests when getting up if you need them. Take your time and have your usual walking aid ready.
- 4.** Break up long sitting with a comfortable change of position or a short walk, if you can do so safely.

Good to know

A deep, soft sofa can leave your knees higher than your hips. Try your firmer chair first. Any seat cushion must be firm and secure so it does not slip.

Share your weight when you stand



- 1.** Stand with your feet comfortably apart. Share your weight between both feet instead of hanging on one hip.
- 2.** For a task at the counter, stay close enough to reach without leaning to one side. Sit for part of the task if standing brings on pain.
- 3.** Split a longer walk into shorter, manageable trips. Choose a flatter route while hills or stairs are making the ache worse.
- 4.** Use a handrail on stairs. Keep any walking aid your clinician has recommended.

Good to know

If your leg gives way, get your balance and walking checked. Warmth from a belt does not make an unsteady leg safe.

Support your top leg in bed



1. Try lying on your less painful side, with the sore hip uppermost.
2. Put a pillow between your knees and ankles. Support the whole top leg so the knee does not fall across your body.
3. If both sides are sore, try lying on your back with a pillow under your knees. Choose the position that feels more comfortable.

Good to know

Take the belt off before you sleep. A pillow supports your leg without pressing a heated device against your hip. If you have positioning rules after surgery, follow those instead.

Build strength without forcing a stretch

A sensitive tendon needs a balance: less irritating pressure, and enough movement to keep the muscles working. Staying still all day can make that harder.

A hard stretch across your body can press on the same sore tendons. If a stretch brings on the outside-hip ache, ease out of it. Do not keep pulling to try to release the spot.

A physical therapist can choose strengthening exercises and a starting amount that fit your hip, balance and health. Tell them if you have had a hip replacement or your leg has been giving way.

Ask these three questions

1. Which exercise should I start with, and how many should I do?
2. What amount of discomfort is acceptable for me?
3. How should I change the exercise if I am worse later or the next morning?

Good to know

Keep everyday movement within what you can manage. If a walk leaves you more sore later, make the next one shorter. Build back up gradually with your care team's advice.

Use your belt while you are awake



1. Charge your wireless belt, then unplug it. Heat and massage stay off while charging.
2. Place the panel on your outer hip, lining inward and buttons at the top.
3. Fasten the waist strap, then the thigh closure. Keep it snug without pressing into the sore spot.
4. Hold the heat button for 2 to 3 seconds. Hold the massage button separately if wanted. Short presses change the level.
5. Start low. The belt turns off after 15 minutes.

Good to know

Stay awake. Stop if heat, pressure or vibration hurts or irritates your skin. See photo instructions at help.daywick.com.

What to expect from the belt

Use the belt as an optional comfort aid alongside the changes in this guide. Warmth and massage may feel soothing. How it feels will vary from person to person.

The belt does not take the place of a diagnosis or a strengthening plan. There is no fixed day by which your hip should improve. A sore tendon may need a gradual plan over months.

If the belt will not work after you follow page 8, contact our support team. Tell us what happens when you try each control.

Check before using it

Ask your doctor first if you have an implanted device, recent surgery, pregnancy, a serious medical condition, or any doubt about using heat, massage, pressure or red light. Follow the manual supplied with your belt.

Email support@daywick.com for product questions. For advice about your own pain or medical condition, contact your healthcare professional.

Keep a few notes this week

Pick one ordinary task, such as getting up from your chair. Write down what you changed and how the task felt. Take this page to your next appointment.

Day	What I changed	How the task felt
1		
2		
3		
4		
5		
6		
7		

Notice the whole day

- 1. Was the task easier, the same or harder?
- 2. Did the ache settle, or was it worse later?
- 3. How did it feel the next morning?

Good to know

You do not need to push through a worse day to fill a box. Reduce what is making the pain worse and ask for advice if it keeps happening.

When to ask for help

Get emergency help now

Seek emergency care for severe pain after a fall or injury, inability to walk or bear weight, or tingling or numbness after an injury.

Get medical advice today

Get urgent advice for sudden severe pain without an injury, a hot or swollen hip, skin color changes, or hip pain with fever or feeling unwell.

Book an appointment

Arrange a check if pain worsens, keeps returning, disturbs sleep or limits daily tasks, or home care has not helped after two weeks.

For belt questions: support@daywick.com. For hip pain: your doctor or physical therapist.

Sources and further reading

[Outer-hip tendon care](#)

[Sitting and resting positions](#)

[Hip pain and when to seek care](#)

[Daywick use and safety help](#)

Good to know

This guide gives general information. Photos illustrate positions and product use, not customer results.