

Hip Mobility Program

The goal here is to improve tightness and Hip mobility. When the hips are tight the lower back becomes hyper-mobile because the hips are no longer mobile. As the hips become mobile again that should cause the lower back to become stable which is it's normal function.

None of the exercises should cause pain. If there is pain then stop the exercise and modify or eliminate the exercise entirely.

Start out at a 20-30 seconds hold on the stretches but over a week or two as you loosen up and increase the hold to 30-45s and eventually 60s

- Focus on keeping the core, stretches, and movements controlled.
- You should keep your back flat on the ground and not arched when performing stretches in the prone position.
- As you improve change up the exercises and stretches. Call 445-2743 for new exercise
- The movement at the end (Squats and lunges) is important because after all the stretching we need to tell the muscles, joints, and brain where everything is now located in the lengthened state. The movement in this lengthened state helps fix the new ROM pattern. Start with a quarter squat/lunge and then over the course of a few weeks and as you get more flexible you will be able to do a deeper squat/lunge.
- You should do these twice per day. Morning and evening
- If you are pressed for time do one set of all the exercises. Or three sets of the first 4 exercise.

Knee hugs

3 sets

Hold 15-20 sec.



Figure 4 stretch

3 sets

Hold 15-20 sec.

Alternate sides between sets.

1



2



Figure 4 stretch (modified)

3 sets

Hold 15-20 sec.

Alternate sides between sets.

Keep trail leg on the floor vs in the air as depicted here. Push crossed leg that is on your knee away from you.

As you push your knee away from you don't let your opposite side hip roll off the floor.



Hip Flexor stretch

3 sets

Hold 15-20 sec.

Alternate sides between sets.

Lean forward to stretch so that you feel the stretch in the front of the hip. Don't arch your lower back as you lean forward.




ITB Stretch

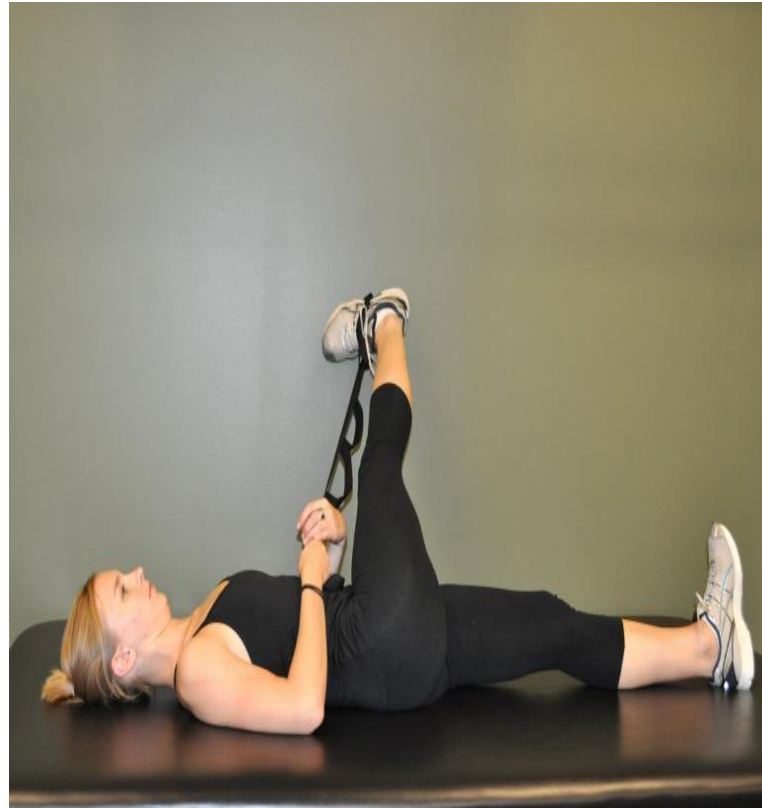
3 sets

Hold 15-20 sec.

Alternate sides between sets.

You can do either one of these or both. Use a belt or rope looped over your foot to do the one pictured here 

You should feel the stretch on the outside of the hip down towards the knee.



A. exercise

B. exercise

Hamstring stretch

3 sets

Hold 15-20 sec.

Alternate sides between sets.

Don't arch your back. Perform this stretch with no bend in the knee then with a slight bend in the knee. You should feel the emphasis change from behind the knee to higher up on the hamstrings when the knee is slightly bent.



Adductor

3 sets

Hold 15-20 sec.

You can do either of these. You should feel the stretch in the inner thigh/groin area



Quarter squat with twist

4 sets

6-8 reps

Alternate sides between sets so that you are rotating to each side.



Reverse lunge

3 sets

6-8 reps (no weights)

Start with feet shoulder width apart. Step back into lunge

