

HIP MOBILITY

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View at www.my-exercise-code.com using code: WCET38U



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

Repeat 20 Times

Hold 2 Seconds

Complete 1 Set

Perform 1 Times a Week



Sports Cord Hip Mobilization

Lay on your back and attach a sports cord around your hip and also around something solid that will not move.

Position the cord around you groin just above your hip joint, let the pull of the cord be in a way that it pulls the thigh down and out helping to isolate the hip movement.

Then grabbing the knee pull the knee towards the opposite shoulder and hold for 30 seconds. Your hip will go into a bent cross body position and should put a nice stretch on your glutes.

Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Week



Hip internal rotation stretch/mobilization

Lay supine with left hip flexed and foot on surface. Cross the right leg over the left knee and gently press down and across, relaxing into the stretch (mostly using the weight of the right leg for force). Keep stretch in pain free range, avoiding any significant groin discomfort. Hold for prescribed time and reps. Repeat for other leg if indicated.

Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Week



90/90 Hip mobility

Sitting in a 90/90 position with both legs sit up nice and tall to create a neutral spine. Drive both legs into the floor. The hand of the front leg can be down on the ground for support as you tip from the hips to bring your chest towards the front knee. Maintain breath throughout the movement. Return back to initial position maintaining neutral spine the entire time.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Week



Kneeling Adductor Rock-back

Setup:

Begin on all fours in a quadrupedal position with one leg extended straight out to the side.
Toe pointed forward.

Movement:

Hinge at your hips or rock back until you feel a stretch on the inside of your straightened leg.
Extend the hips back to starting position.

Optional Modification:

Keep hands placed on the floor as you hinge/rock back at the hips.

Repeat 15 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Week



Kneeling Hip Flexor Stretch

Setup: Start by kneeling down onto one knee. Keeping both knees at 90 degrees; hip width.
Side that is kneeling will have arm raised over head.

Movement: Posterior tilt the pelvis/squeeze glutes and pull ribs down/engage abdominals. Keeping spine neutral
Shift your weight forward until you feel a nice pull in the hip flexor that is kneeling .

Repeat 15 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Week