



Hip Strength & Mobility Cheatsheet

Improve Hip Flexibility and Function - Add this routine to your daily practice. Good luck

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AIMS:

1. **Daily practice** - Aim to complete full routine at least once per day. If you prefer break it down into individual exercises but try to do them all every day
2. **Slow it down** - Go at you own speed and range of movement. Work into the stretches and hold the positions for at least 60 seconds but feel free to build up to longer.
3. **No pain** - Don't push through pain but do expect to work through some discomfort. As a guideline don't push through more than a 2 out of 10 level of discomfort & if you have any increase in symptoms after completing the stretches step it back a bit

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Exercise 1:

Seated hip Internal / External Rotation

- Begin in sitting leaning back on straight arms, knees and hips bent and relaxed shoulder width apart with feet flat on floor.
- Gently and with control **lower both legs to one side trying to touch the outside of one knee and inside of the other knee to the floor.** Don't worry if this range is too much, just work as far as you feel is challenging but comfortable. Return to start and repeat to opposite side.
- Perform this movement for 60 seconds



Exercise 2:

Deep Squat Hip Internal / External Rotation (Advanced Option)

- Begin in a deep squat. Ensure heels remain in contact with the floor
- **Slowly rotate one knee across mid-line aiming to touch knee to floor in front of opposite foot** which should remain flat with heel on floor. Allow moving leg to rotate up onto toes. Static leg should remain open and avoid any inward collapse of knee/hip position.
- Return leg to starting deep squat position and repeat with opposite leg.
- Repeat with alternate legs for 60 seconds



Exercise 3:

Modified Pigeon

- Begin in 90/90 hip and knee position. Gently rotate and square hips up facing forwards
- **Gently lean chest forwards through your hips** and rotate slowly leaning over the forward knee
- Option to gently **contract front leg pushing knee into floor**, hold 5-10 seconds and release. Repeat 5-10 times.
- Work into and explore stretch for at least 60 seconds



Exercise 4:

Modified Pigeon Active Hip Internal Rotation Lift

- Begin in the modified pigeon 90/90 sit with slight forward lean supporting weight on hands
- **Gently lift back foot off the floor. Squeeze and hold for 5 seconds. Repeat for at least 5 contractions**
- You will repeat this exercise for the opposite side once you've completed the routine on one side



Exercise 5:

Modified Pigeon Hip Active External Rotation

- Begin in the modified pigeon 90/90 sit with torso rotated facing forward leaning weight back with hands behind you
- **Gently lift the knee (with inside touching floor) & rotate outward through hip. Squeeze and hold for 5 seconds. Repeat for at least 5 contractions. Ensure opposite leg remains still with outside knee resting on floor**
- You will repeat this exercise for the opposite side once you've completed the routine on one side



Exercise 6:

90/90 Sitting Lift to High Kneeling

- Begin in approximate 90/90 sitting as shown, use hands to maintain balance without leaning on floor
- **Gently lift through the hips into controlled high kneel. Squeeze the buttocks and hold for a few seconds. Return to start position and repeat 30-60 seconds**
- Switch legs so back leg begins as forward leg and vice versa. Repeat active sitting movement 30-60 seconds.



Exercise 7:

Frogger

- Begin in all 4s, forearms on floor. Walk knees open keeping insteps of feet and inside shins rotated inward in contact with floor
- **Gently rock back through hips/pelvis as if taking bum closer to heels, squeeze knees into the floor and hold/release for 5-10 second repetitions.**
- Gently work into and explore stretch for at least 60 seconds



Exercise 8:

Deep Lunge Hip Opener with Arm Rotations

- Begin in lunge position, extend out back leg as far as is comfortable. Lean forward and try to come to rest on forearms. Actively drive open front knee/hip rotating out onto outside border of foot.
- **Take inside arm next to front leg and rotate upwards to ceiling with a straight arm. Stretch open through shoulder, chest and spine. Hold for 5 seconds at top position, return to start driving elbow back to the floor and repeat for 10 repetitions.**
- Switch legs front to back and vice versa. Repeat process.

