



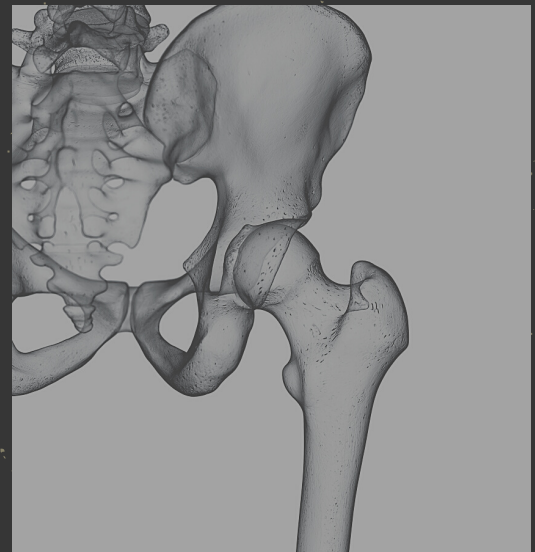
## HIP MOBILITY 101

# WHY HIP MOBILITY MATTERS

Your hips are what join your torso to your lower body. When your hips aren't functioning properly, it can cause pain in your knees, ankles, and low back. Often times, if you have knee or back pain, it is your hips! They can often be overlooked due to there not always being a true pathology like arthritis or impingement in the hip – but the fact of the matter is good hip mechanics are important and can keep you out of pain.

In most fitness classes you do a lot of squats, lunges, and running (to name a few), all these movements require good hip mobility.

Our goal for this article is to give you exercises you can perform to improve your hip mobility. Common causes of hip pain are anatomical positioning and mobility restrictions of the joint and/or soft tissue. These are general exercise suggestions. If you experience pain or pinching, please consult with your physical therapist. Do not push through the pain.



## CONSISTENCY IS KEY

Most of us spend a fair amount of time seated. Modification to your work environment and consistency with programming will help improve imbalances caused by chronic sitting. Stay patient. Try to do mobility every day.

Mobility should be coupled with complimentary strength training to develop the best possible body mechanics for injury prevention and improved performance.



## PRYING SQUAT

Before attempting a prying squat, it is important to make sure you have proper form and technique for a basic bodyweight squat. Here are the steps to perform a prying squat:

1. Begin by standing with your feet shoulder-width apart, toes pointing slightly outward.
2. Lower your body down into a squat by bending your knees and pushing your hips back. Keep your chest up and your weight on your heels.
3. Once you reach the bottom of the squat, place your elbows inside your knees, with your palms together in front of your chest.
4. Use your elbows to gently push your knees outwards, opening up your hips and increasing the stretch in your inner thighs.
5. Hold this position for a few seconds, then release the tension and return to the starting position.
6. Repeat this movement for several reps, holding the position for a longer period each time.

Remember to listen to your body and only go as deep into the squat as feels comfortable for you. Over time, you can work on increasing your range of motion and flexibility.



## WORLD'S GREATEST STRETCH

The World's Greatest Stretch is a dynamic stretching exercise that targets multiple areas of your body, including your hips, hamstrings, glutes, shoulders, and back.

Here are the steps to perform this stretch:

1. Begin in a high plank position, with your hands shoulder-width apart and your feet hip-width apart.
2. Step your right foot up to the outside of your right hand, with your knee bent and your foot flat on the ground.
3. Place your left hand on the ground and twist your upper body to the right, reaching your right arm up towards the ceiling. Hold a few seconds.
4. Bring your right hand back down to the ground and straighten your right leg, coming into a hamstring stretch. Hold this position for a few seconds.
5. Bend your right knee again and step your right foot back to the starting position.
6. Repeat the same steps on the left side, stepping your left foot up to the outside of your left hand and twisting your upper body to the left.
7. Continue alternating sides for several reps, moving slowly and focusing on your breath.

Remember to keep your core engaged and your shoulders away from your ears. If you have any injuries or limitations, you should modify the stretch, so that you are pain-free.



## 90/90

The 90/90 hip stretch is a great way to improve your hip mobility and flexibility. Here are the steps to perform this stretch:

1. Start by sitting on the floor with your legs bent in front of you.
2. Rotate your body to one side and bring your legs into a 90-degree angle, with one knee bent in front of you and the other leg extended behind you, also at a 90-degree angle.
3. Make sure your front knee is directly above your ankle, and your back knee is directly behind your hip.
4. Place your hands on the ground beside your front leg and sit up tall, lengthening your spine.
5. Lean forward slightly, keeping your back straight, and feel the stretch in your hip and inner thigh.
6. Hold this position for 30 seconds to 2 minutes, breathing deeply and relaxing into the stretch.
7. Slowly release the stretch and switch to the other side, repeating the same steps.

Remember to take your time with this stretch and only go as far as feels comfortable for your body. You can also modify the stretch by using props such as blocks or cushions to support your hips or knees.



## COUCH STRETCH

The couch stretch is a great stretch for opening up your hip flexors, quadriceps, and hips. Here are the steps to perform this stretch:

1. Start by kneeling on the ground with your back facing a couch, bench, or other sturdy object.
2. Place one foot up on the couch, with your knee and shin flat against the surface.
3. Take a small step forward with your other foot, so that your knee is directly over your ankle.
4. Keep your back straight and engage your core to avoid arching your lower back.
5. Slowly sink down into the stretch, feeling the stretch in your hip flexors and quadriceps.
6. Hold this position for 30 seconds to 2 minutes, breathing deeply and relaxing into the stretch.
7. Repeat the stretch on the other side, switching your feet and knee positions.

Remember to listen to your body and only go as deep into the stretch as feels comfortable for you. If you have any knee or hip injuries or limitations, you can modify the stretch by using a lower surface such as a block or cushion to support your foot.