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PREVENTION & REHABILITATION – SELF-MANAGEMENT: PATIENT SECTION

Hip mobility training[☆]

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Fitness programs tend to emphasize the anterior body muscles – the abdominal, chest and bicep muscles. And, since most people spend a great deal of time in seated, flexed postures, for prolonged periods of time such training can increase flexion tendencies.

What is needed to balance these training tendencies, and/or postural habits, are exercises that ‘open’ the hips and chest anteriorly.

A simple stretch to achieve this for the hips, is shown here.

The standing hip stretch

A stretch for the right hip will be described

1. Stand tall (see Fig. 1)
2. Step back with your right leg (see Fig. 2)
3. Perform reverse lunge to increase your stride length. Perform on the balls of your rear foot (see Fig. 3)
 - Notice how the front of your right thigh is beginning to feel a gradually stronger stretch the more you step back
4. Step even further back (see Fig. 4a) and then raise your right arm overhead (see Fig. 4b)
 - Push the toes on your back foot into the floor and feel how your heel rises up
 - At the same time notice how when you push off the floor that the front of the right hip stretch increases

Key Point: If you are having trouble balancing place your left hand on a counter or other surface for support.

Repetitions: Perform 5–6 repetitions and switch legs.



Figure 1 Start position.

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Figure 2 Initial step backward.



Figure 3 Reverse lunge.

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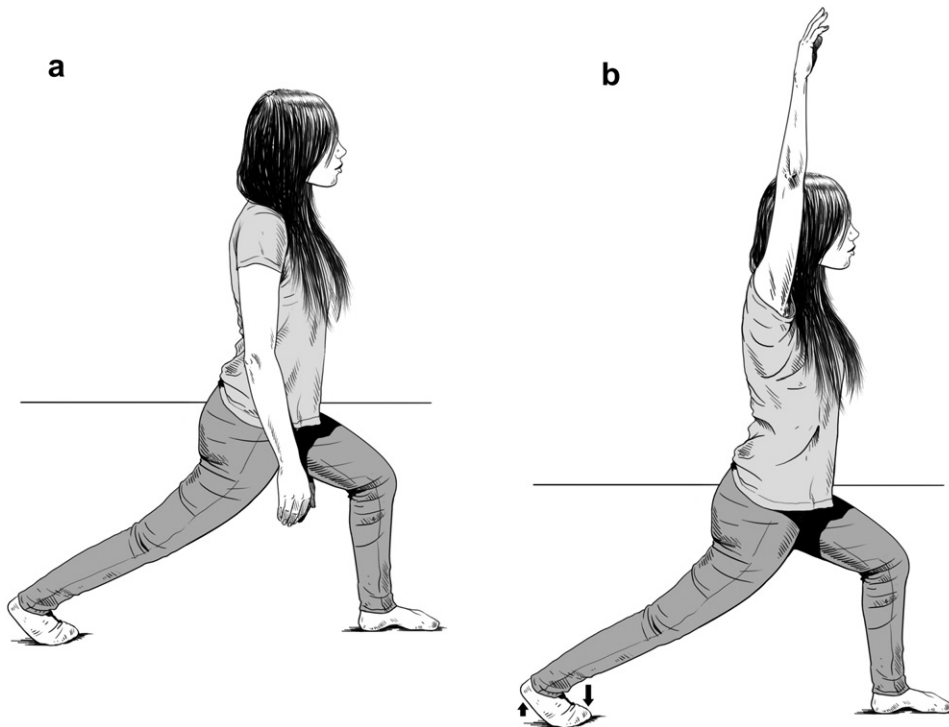


Figure 4 Final hip stretch position (a) increase stride length of reverse lunge to it's maximum (b) raise the right arm & push off the floor.