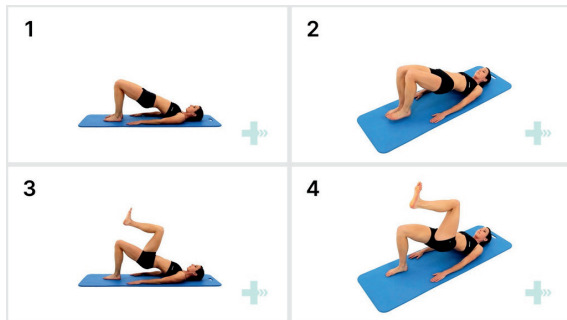


## Hip Mobility & Stability

Challenge: how many standing/side lying clams can you do in 20 seconds?

3 Sets / 10 Reps / 1 s hold



### 1. Bridge floor marching

Lie on your back with your legs bent and feet flat on the floor.  
Lift your hips up in to a bridge, driving the movement with your buttocks.  
March one leg, and then the other, keeping your pelvis up and level throughout the exercise.

3 Sets / 10 Reps



### 2. Resisted clam shells

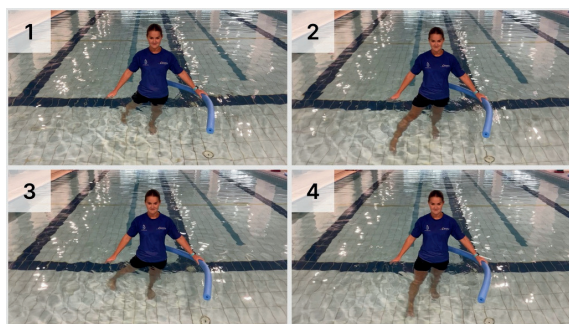
Lie on your side and place a band above your knees, approximately an inch or two above the knee joint.  
Bend your legs a little, keeping the feet in line with your back.  
Use your core stability muscles to keep the body stable.  
Keeping your feet together, lift the top knee up against the resistance of the band.  
Ensure you stay on your side and do not roll your hips and your body back with the movement.  
Lower the knee back down, controlling the resistance.

3 Sets / 10 Reps



### 3. 4 point kneeling - hip extension to abduction

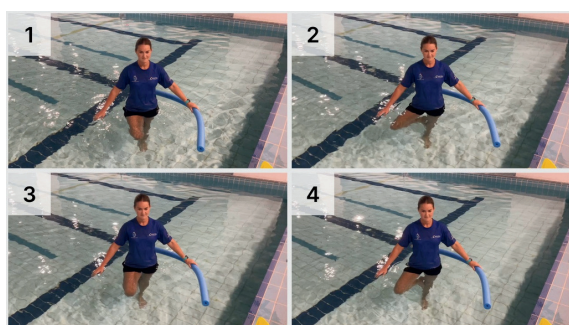
Start on your hands and knees with your hands under your shoulders and knees under your hips.  
Begin arching your back by pushing your tail bone out, making a dish with your spine.  
Then, round your back by tucking your tail bone in.  
Find the mid-position and keep your back straight by gently tightening your pelvic floor and deep abdominal muscles, pulling your belly button in towards your spine.  
Leading with your heel, lift one leg up behind you, keeping your knee at 90 degrees.  
Think about pushing the sole of your elevated foot up towards the ceiling.  
Extend as far as able ensuring you do not arch your back or twist your hips as you do this.  
Next, bring your knee to the outside, ensuring your foot stays aligned with your hip.  
Hold this position.  
Control the movement as you bring your knee back down towards the floor, then repeat.



#### 4. Single leg Hip/Leg Circles

Standing on one leg, keep your other leg extended. Then perform circles with that leg whilst tensing the front thigh muscle, and the movement coming from the hip. Ensure you are stable through the hips and knee.

3 Sets / 10 Reps / 1 s hold



#### 5. Single Leg Stork.

Stand on one leg, and bring your other leg up out in front with your knee bent. Keep the heel placed on the standing knee, then rotate the knee in and out. The movement should come from the hip. Try to tense your buttock muscle as well. And aim to keep the hip stable.

2 Sets / 2 Reps / 30 s hold

#### 6. Gluteal stretch in sitting

Sit upright in a chair.

Cross the ankle of the affected leg over the opposite thigh just above the knee.

Lean forwards, bending from the hip.

Increase the stretch by placing your hand on the inside of the affected knee, and apply some downwards pressure.

Do not round your back whilst you hold this position.

