

# Hip Mobility

## These exercises

Hip abductor strengthening is crucially important to prevent poor biomechanics throughout your leg, ensuring you don't develop pain or injury in your back, hip or knee. Strengthening your hip abductors can reduce pain and improve function if you already have an injury or weakness. Having strong hips that are well balanced also improves sporting performance, for example in activities such as running.

However, in conjunction with strengthening it is important to ensure you have good movement through your hip joint. You may

have structures, such as muscles that are tight in the front of your hip or when trying to rotate your hips. Having a balance in strength and mobility on both sides of your body will ensure better symmetry and reduce your risk of injury and pain.

Try to do the stretches once a day. Follow the instructions carefully – it is more important you do the stretches with good technique rather than rushing or pushing yourself in the wrong way. If at any time the stretch is painful stop and check with your physical therapist that it is OK to continue.

## Hip Mobilisation: Lying

Lie face down, and bend your knees to 90°. Keep your feet together, and drop your feet outwards, and then cross them inwards, as far as feels comfortable. Repeat as required. This is a mobility exercise for your hip joints.



SETS	REPS
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 **Video:**  
[http://youtu.be/RAMZ0Q\\_wF5s](http://youtu.be/RAMZ0Q_wF5s)

## Pretzel: Lying

Lie on your back, and bring one knee over towards the opposite side. Place your foot of that knee under your bottom leg which should be slightly bent. Lower your knee towards the floor.



SETS	REPS
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 **Video:**  
[http://youtu.be/W9C6j8Je\\_4c](http://youtu.be/W9C6j8Je_4c)

## Adductor Stretch: Lying

Lie on your back, bend your knee, and drop your leg out to the side. You will feel a stretch on the inside of your thigh, known as the adductor muscle group. You can progress this by dropping both legs outwards at the same time, keeping feet together and knees bent.



SETS	REPS
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 **Video:**  
<http://youtu.be/nFYPzXPnGA>

## Leg Swing

Hold on to a table, and swing your leg in front of you and then behind you in a controlled way. It's a great way to dynamically warm up your leg and hip, but also used to gain more mobility to your hip joint.



SETS	REPS
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 **Video:**  
<http://youtu.be/ihsH785vBq0>

## Hip Flexor Stretch

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.



SETS	REPS
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 **Video:**  
<http://youtu.be/sDn-UtqDX58>

## Gluteal Stretch: Sitting

Place your ankle across your opposite knee, and pull your ankle upwards while pushing downwards on your knee (of the side being stretched). You will feel a stretch in your bottom.



SETS	REPS
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 **Video:**  
<http://youtu.be/6CDnxMFSq7k>

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