



HIP/PELVIC MOBILITY & STABILITY EXERCISES

The hip and pelvic girdle is important area of the body for power production and stability of both the legs and the spine. A combination of balance, strength and flexibility will all help achieve good lower body control. Recent research by Evans et al (2017) showed that properly functioning hip and pelvic girdle reduced the severity of low back, hip and groin injuries.

Below is a list of some simple exercises that can be completed to help maintain hip/pelvic mobility and stability. These exercises are however, not designed to treat injuries, they are prevention exercises only. If you have an injury, we recommend you seek bespoke professional advice. Remember all stretches should be done slowly and controlled.

Hip Flexor Stretch

Knee down with one foot forward, thrust hips forward to feel a stretch in the front of your hip. You can deepen the stretch by reaching back and bending your back knee. Hold for 5 seconds, repeat 10 times.



Hamstring Stretch

Place your foot up on a chair, make sure your knee stays straight, bend forward to feel a stretch in the back of your leg. Hold for 5 seconds, repeat 10 times.



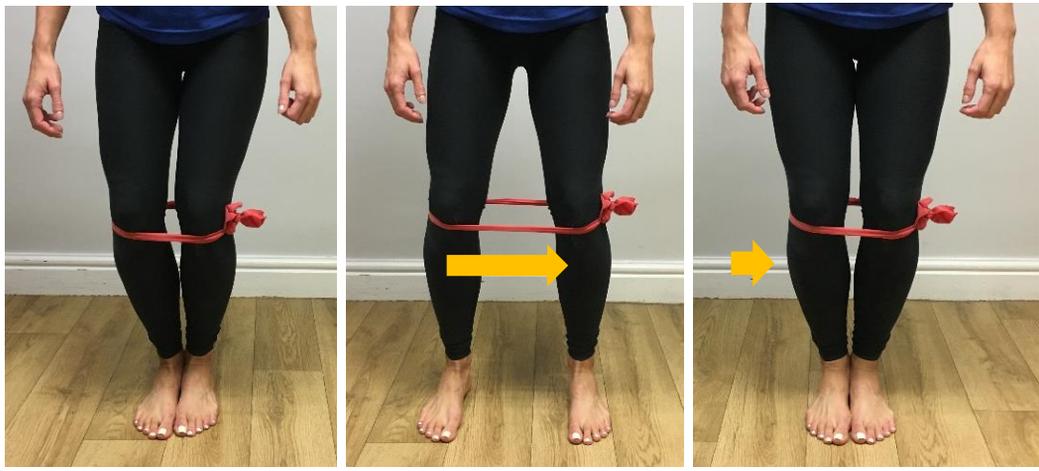
Piriformis Stretch

Sit on a chair, place the leg you wish to stretch over onto the opposite knee, lean forward to feel the stretch. You can deepen the stretch by pushing down the bent knee. Hold for 5 seconds, repeat 10 times.



Crab Walk

Tie resistance band around your knees, slightly squat down, side step stretching the band then return legs together. You can make this exercise harder by moving the band lower down your legs towards your ankles. Repeat 3 sets of 10 each way.



Clamshell

Lie on your side, knees bent. Keep your feet together and lift your knee making sure that you don't rotate your back. You should feel the side of your bottom working during the exercise. Repeat 3 sets of 10.



FANCY A CHALLENGE?

Sit on the floor supporting yourself with your arms behind you, knee bent at approximately 90 degrees and feet just over hip distance apart, drop your knees from left to right, can you touch **both** knees on the floor **both** ways?



Reference
Evans K, Hughes J, Williams M (2017), Reduced severity of lumbo-pelvic-hip injuries in Professional Rugby Union players following tailored preventative programmes, Journal of Science and Medicine in Sport.



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