

HIP MOBILITY TRAINING

These stretches are designed to increase mobility of your hips which is crucial before any strengthening exercises can be prescribed.



STANDING HIP STRETCH

4. Step even further back (Fig. 4a) and then raise your right arm overhead (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

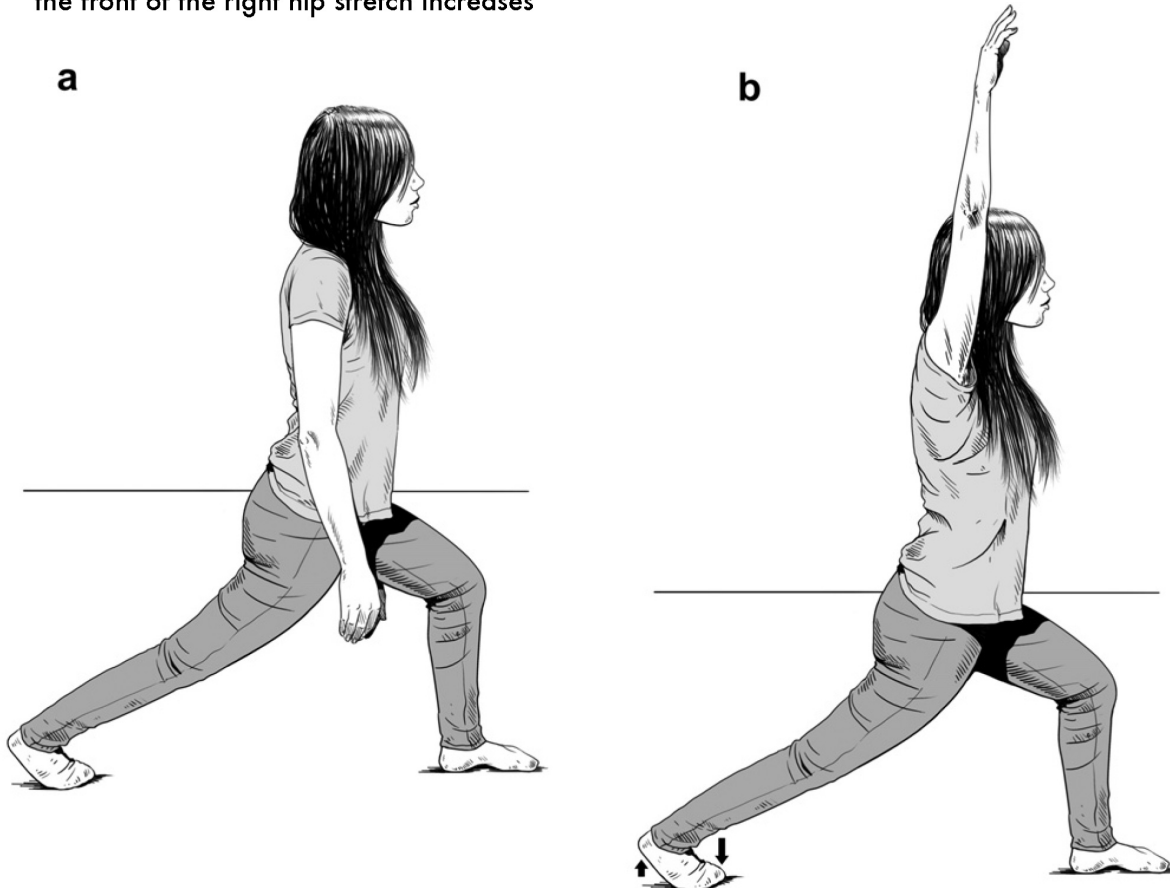


Figure 4 Final hip stretch position (a) increase stride length of reverse lunge to it's maximum (b) raise the right arm & push off the floor

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

If you are having any problems with these exercises then please don't hesitate to contact us and we can talk you through them.

