

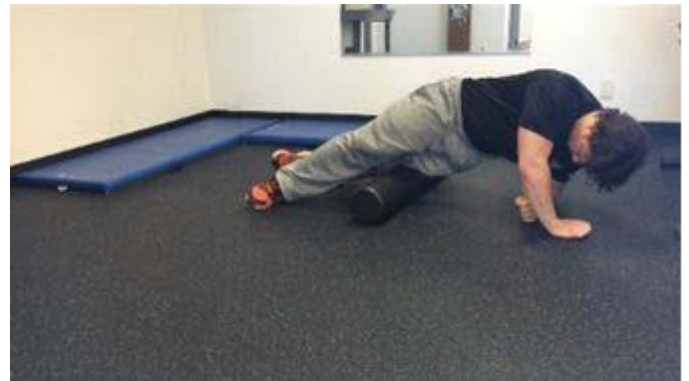
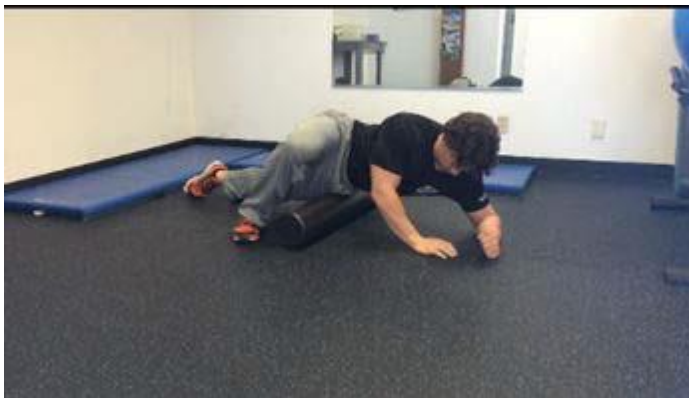


Treatment and Prevention of Hip Injuries

Tight hips can be a major factor in lower back stress and strain. Loosening the hips allows the glute muscles to work more efficiently and carry more of the load. When the glutes are able to support more weight they relieve some of the stress on the lower back. The following routine will help loosen hips and includes foam rolling, bodyweight strength exercises, and stretching.

Foam Rolling

Iliotibial Bands (IT Bands): 10-20 passes each side



Hip Adductors (Inner Thigh): 10-20 passes each side



Glutes: 30 seconds each side





Strengthening

Single Leg Hip Bridge: Two rounds of 15-20 repetitions each side



Exercise Tips:

1. Keep core tight
2. Use your heel to lift your hips

Fire Hydrants: Two rounds of 15-20 repetitions each side



Exercise Tips:

1. Keep core tight
2. Keep ankle flexed
3. Keep the hips level
4. Do not let the knee move toward the elbow



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Stretching

Knelling Hip Flexor Stretch: Three rounds of 30 seconds each side



Groiners: Three rounds of 10 each side

