

## HIP LATERAL ROTATION STRENGTHENING EXERCISES

### 1) Clam

#### Level 1

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk with your head resting on this arm. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



#### Action

- INHALE to prepare
  - EXHALE, lift the top knee upwards keeping the feet together
  - INHALE, lower the top knee onto the bottom leg
- Sets: 2    Reps: 10



#### Level 2

Starting position: Align the body as for level one. Then lift both feet into the air approx. 8 inches, keeping them stacked.



#### Action

- INHALE to prepare
  - EXHALE, lift the top knee upwards, keeping the feet together and lifted off the mat
  - INHALE, lower the top knee onto the bottom leg, keeping the feet lifted off the mat
- Sets: 2    Reps: 10



### Level 3

Starting position: Align the body as for level two, then extend the underneath leg. Keep the top hip and knee bent with your top foot hooked behind the knee of your underneath leg. Top knee rested on the mat. Keep your hip joints stacked.



#### Action

- INHALE to prepare
- EXHALE, lift the top knee upwards, keeping the uppermost foot hooked behind the underneath knee
- INHALE and lower the top knee onto the mat keeping your hip joints stacked

Sets: 2 Reps: 10



## 2) Clam in standing



#### Glute against wall

Sustain the contraction for 20-30 seconds repeat 10 times.

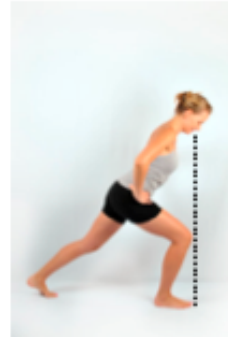
The weight bearing leg is turning out to get that twisting/turning/corkscrew feeling in the hip/bottom muscle. Instead of sustaining the contraction you can also just do 2 sets of 10 reps of the movement to get it entrenched in your brain.

### 3) Hip drop and lift



- 2 sets of 10 reps
- Keep the weight bearing knee straight
- The movement only happens in the pelvis/hips
- Think about tipping a bucket of water sideways

### 4) Lunge



#### The lunge

Kneecap to fall between 2nd & 3rd toes.  
Feel Glute muscles on the side of the buttock contract.  
Push back with forefoot, so that the foot does not drag.  
Progress the exercise by holding dumbbells of increasing weight whilst lunging.

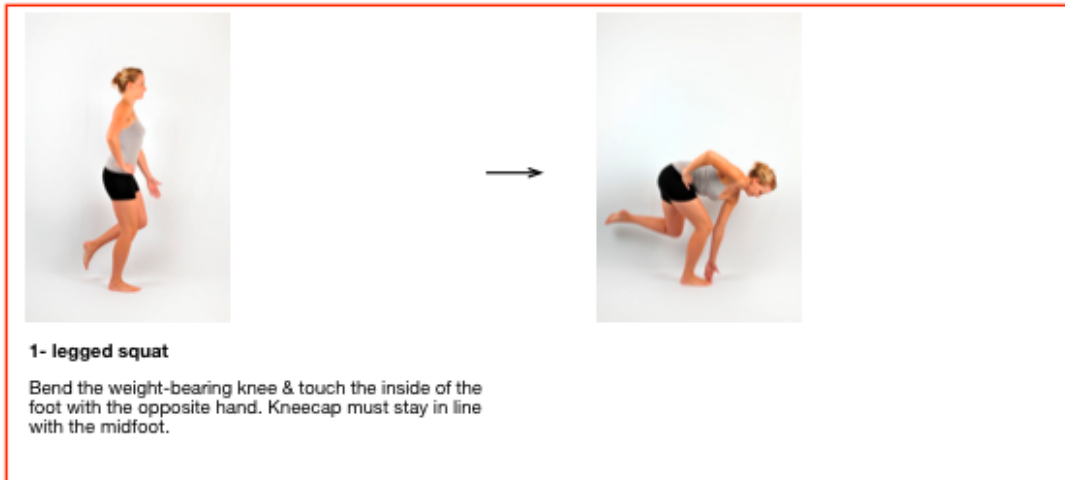
### 5) T-balance



#### The '747'

Kneecap to fall between 2nd & 3rd toes. Hold for 30 sec-1minute. Repeat 3 X's on each leg.

### 6) One leg squat



## 7) Step down



### Step down to the front

Limit to 0-30° initially.

- Kneecap of the weight bearing leg in line with the 2<sup>nd</sup>/3<sup>rd</sup> toe
- Hips level
- Hips square
- 2 sets of 10 reps