Exercise Sheet – Functional Mobility – Hip Mobility

Target area – Hip

#### Hip Flexion (Straight Leg)

* Lie on back, engage core by bringing belly button towards spine.
* Lift leg keeping it straight and making sure other leg is pushed into the ground.
* Ensure you maintain your lower back position.
* Perform 10 repetitions on each side or as prescribed.



#### Hip Flexion (Knee Bent)

* As above but bring knee to chest



#### Hip Extension (Leg straight)

* Lie on your front, engage core by bringing belly button towards spine
* Slightly point foot out and lift leg to 10 degrees
* Don’t go further than 10 degrees
* Avoid using your back, the movement should come from your glutes



#### Hip Rotation (Knee bent)

* As above but bend knee and rotate lower leg from side to side



#### Standing leg swing

* Stand on one leg.
* Stand tall and swing the other leg fully backwards and forwards, allowing your arms to move normally.
* Keep your trunk vertical and leg swinging in a straight line.
* Keep pelvis level.

