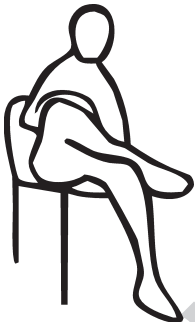


# Flexibility (And Strength) For The Hips

Here is a series of four flexibility exercises that will increase circulation to the joint and improve range of motion in your hips.

Note: If you experience intense pain with any of these movements, discontinue until you discuss it with your physician.



1. Flexion. Sit in a chair, facing forward. Holding the seat of the chair with your hands, lift one knee as if you were taking a step. Do not lean forward as the knee is lifting. Try keeping your abdomen pulled in as you lift for support. Repeat 10-20 times then do the sequence with your other leg. This builds strength as well as flexibility.

2. Internal rotation. Still sitting, spread your feet farther apart. With your feet flat on the floor, tilt one knee toward the other, then let it relax back into starting position. Repeat up to 10-20 times on both sides.

3. External rotation. Rest one ankle on the opposite knee. Lean forward and rest your forearm on the inside of that knee. Lean further forward, pressing your forearm into the knee, hold for a few seconds, and then return to starting position. Repeat up to 50 times on both sides.

4. Extension. Holding onto a table or back of a chair, grasp your foot or ankle. Let your knee dangle straight down. Move your knee backward, then return, repeating on both sides up to 20 times. If grabbing your ankle is too difficult, you can also benefit from simply moving your straight leg backward in the same fashion.