Sports Medicine

Hip Mobility Routine for Runners

Introduction
This program is designed to minimize the risk of common overuse injuries associated with track and field training and distance running by promoting proper range of motion in the hip girdle. It can be implemented in 10-15 minutes and no equipment is necessary. The specific exercises and stretches in this program were selected for their ability to target key areas where weakness or restriction may increase the risk of overuse injury. This routine can be used both as a warm up exercise as well as a post run cool down routine. They are not designed to replace current routines, only to serve as a supplement.

Hydrant x 10-15 each leg
Stand prone on hands and knees with equal weight on all points of contact. Keeping the lower back flat, with abdominal muscles engaged, lift leg until rotation in back occurs or up to waist high. Focus on moving from the gluteal muscles and avoid lifting with the front of hip or back. Lift and descend the leg to a 1 count holding at the top. Switch legs and repeat.

Leg lift x 10-15 each leg
Stand prone on hands and knees with equal weight on all points of contact. Keep lower back flat, with abdominal muscles engaged, and extend leg straight behind you level with the body. By engaging the gluteal muscles lift the leg twelve inches, hold at the top and lower in a controlled manner. Switch legs and repeat.

Hurdler trail leg x 10-15 each leg
Stand prone on hands and knees with equal weight on all points of contact. Keep lower back flat, with abdominal muscles engaged, and extend leg straight behind you level with the body. Move the knee up and out towards the front of the body until the knee is waist high. Continue flexing hips through and around until the leg knee comes in near the body and then return the leg to it’s original position. Switch legs and repeat.

Frontal leg swing x 10-15 each leg
Stand tall with shoulders above hips and pelvis in a neutral position facing a wall. Lightly touch wall for stability while abducting leg until as high as can be achieved with a stable pelvis. Adduct leg back to the midline of the body and continue through to the other side of the body as high as can be raised with minimal internal rotation of the leg in air. The exercise should be performed in a controlled manner with the movement originating from the lateral hip (medial gluteal muscles). Switch legs and repeat.

Sagittal leg swing x 10-15 each leg
Stand tall with shoulders above hips and pelvis in a neutral position parallel to the wall. Lightly touch wall for stability while flexing hip nearest the wall with a straight leg as high as can be achieved with a stable pelvis. Move leg posterior and continue to extend hip until leg can go no higher behind the body without anterior pelvic rotation. The exercise should be performed in a controlled manner with the movement originating from the hip. Switch legs and repeat.