

Maximize Your Range of Motion: 7 Essential Tips for Hip Mobility

Author's Bio:

I'm Julie Zapata, MSPT, a dedicated physical therapist with over 23 years of experience. My journey began with a desire to overcome the limitations of the healthcare system and provide exceptional care.

Through **Higher Physical Therapy**, I've created a space where you can achieve best physical health without relying on medication or surgeries.

My goal? To help people stay active and get moving by easing their pain.

With a passion for working with Patients of different age groups, I've developed a unique approach to exercise, manual therapy, and healing.

As I always say, "*Movement is the key to unlocking a life of vitality,*" and together, we'll open that door.

Maximize Your Range of Motion: 7 Essential Tips for Hip Mobility

Are you tired of your hips feeling stiff and limiting your movement? Do you wish you could move easily through yoga stretches or crush your workouts without any limits? Well, it's time to learn how to increase your range of motion: **hip mobility workouts!** Whether you're an athlete trying to improve your performance or just want to move better in everyday life, these important workouts will change the way you move forever.

So let's learn about 7 hip movement workouts that will change the game and take your body to new heights.

1. Strengthen your hamstrings:

Are you tired of constantly stretching your hamstrings in an attempt to improve your hip mobility? Well, it's time for a change! Replace hamstring stretching exercises with strengthening ones!

Your hamstrings keep your hips in place so you can show off all your range of motion. As their length increases, their ability to exert control of the pelvis is reduced. Stronger muscles provide a solid foundation for better hip mobility. So instead of spending endless hours with those static hamstring stretches, grab a resistance band and start doing some **glute bridges or clams**.

By targeting the glutes and other surrounding muscles through strengthening exercises, you provide support to the hips and improve their flexibility. This combination can lead to significant improvements in overall hip mobility over time.

2. Still, doing frog stretching? Stop it!

Frog stretching has been recommended for a long time to improve hip movement, but it's time to stop doing this out-of-date exercise. At first look, you may think of it as a good exercise, but it can do more harm than good.

First, frog stretching puts too much stress on the muscles and ligaments around the hips. This can make the joint less stable, and you can get hurt. Also, it makes your hamstrings longer, which makes it harder for you to move your hips.

Additionally, this type of stretching places unnecessary stress on the knees and lower back, leading to pain and discomfort.

Instead of relying on frog stretching, focus on exercises that target specific muscle groups responsible for hip mobility. Some effective alternatives include **lateral lunges, clamshells, and fire hydrants**. These exercises work for multiple muscle groups simultaneously while minimizing strain on other body areas.

3. Try side-to-side exercises

Side-to-side workouts are a great way to improve the range of motion in your hips and make them more flexible. These moves work the glutes and abductors, which are the muscles on the sides of your hips.

→ **Lateral lunge:**

- ◆ To begin, spread your feet about shoulder-width apart.
- ◆ Put one foot out to the side while keeping the other foot pointed straight forward.
- ◆ Get into a lunge position by bending your knees and hips.
- ◆ Return to the starting position by pushing off with the same leg.
- ◆ Flip it over and do it again.

→ **Standing hip abduction exercise:**

- ◆ Stand upright with feet together and place a resistance band around both ankles for added intensity.
- ◆ Slowly straighten one leg and lift it to the side until the outer thigh flexes.
- ◆ Keep this position for a few seconds, then release.
- ◆ Switch sides and repeat.

These side-to-side exercises can help improve stability in your hips, prevent injuries, and enhance overall athletic performance. Plus, they add variety to your workouts which keeps things interesting! So why not give them a try?

4. It's time for unilateral exercises.

Unilateral exercises are an excellent way to improve hip mobility and address any imbalances or weaknesses in the muscles surrounding your hips. These exercises focus on one side of your body at a time, allowing you to target specific areas that may restrict your range of motion.

Single-leg Romanian deadlift: It is a very helpful unilateral exercise:

- Stand tall with your feet hip-width apart and slightly bend one knee while extending the opposite leg straight behind you.
- Hinge forward at the hips, keeping your back flat and core engaged until you feel a stretch in the hamstring of the extended leg.
- Return to the standing position.

- Repeat on the other side.

Single-leg squats or split squats to further challenge your hip mobility. These exercises require stability and flexibility, helping to improve overall function and increasing range of motion.

5. Ever tried Pigeon Stretch? Do it now!

The pigeon stretch is a popular exercise for improving hip mobility and flexibility. It targets the glutes, hips, and lower back, helping to loosen tight muscles and increase the range of motion. But have you ever tried adding some dynamic movement to this classic stretch?

Try gentle movements in your pigeon stretch exercise instead of holding the static position for an extended period.

- Start by getting into the basic pigeon pose.
- Bend one knee to a 90-degree angle and bring the same leg forward while extending the other leg behind you.
- Then slowly shift your weight forward and backward or side to side.
- While doing this, pay attention to any spots in your hips that feel tight or tense.
- As you gently try different ranges of motion, focus on taking deep breaths and relaxing your muscles.

Dynamic stretching is especially helpful before sports or other tasks that require you to move your hips more. By warming up with active moves like this modified pigeon stretch, you can get your body ready to perform at its best and reduce the chance of getting hurt.

6. Couch Stretch

The Couch Stretch is a great way to improve the movement and flexibility of the hips. It works on the hip flexors, which can get tight and stiff from sitting for a long time or doing tasks that involve bending the hips repeatedly.

- To do the Couch Stretch, kneel on the floor with one knee against a wall or couch.
- Put your other foot flat on the ground before you with your knee bent at a 90-degree angle.
- Slowly move your hips forward until you feel a stretch in the front of your hip.

- Hold this pose for 30 seconds to 2 minutes, focusing on deep breathing and letting yourself rest into the stretch.
- On both sides, repeat.

Note: If you find it too hard, put a yoga block or cushion under your back knee for support if you need to.

7. Nothing works? See a physical therapist!

If you've been having trouble moving your hips despite trying different routines and stretches, it may be time to see a doctor. Seeing a physiotherapist can help you improve your range of motion by giving you useful advice and personalized treatment choices. A trained trainer will look at your situation and come up with a plan that is made just for you. They know what to look for, like muscle issues or joint problems causing limited hip movement.

In addition to hands-on care, a physiotherapist can teach you how your body works and how to fix your balance. This information is very important to avoid future accidents and keep your hips healthy in the long run.

A skilled physical therapist is a key partner in helping you increase your range of motion and relieve your muscular pain.

The takeaway message!

Adding hip mobility movements to your fitness routine is important to improve your general sports ability and increase your range of motion. By doing less stretching of the hamstrings and more strengthening movements, you can target the muscles around the hips and make them more stable. It's best to avoid popular stretching moves like the frog stretch because they might hurt you more than they help. Instead, choose side-to-side and one-sided workouts that work out different groups of hip muscles. Even though these movements are good for you, you should always talk to a doctor or other health worker who can give you personalized advice based on your needs. They can look for any imbalances or restrictions in your hips and give you specific exercises or treatments to fix them.

So, whether you're an athlete trying to perform at your best or just someone who wants to move better every day, it's important to focus on hip mobility. Start these seven important workouts immediately to give your hips more movement and power.

Health Disclaimer:

The content provided here is intended for general informational purposes only. **Higher Physical Therapy**, founded by Julie Zapata, is dedicated to providing the highest quality care to its clients. However, please note that the information shared does not constitute professional medical advice or a substitute for consultation with a qualified healthcare professional.

While Higher PT strives to offer accurate and up-to-date information, the field of healthcare is constantly evolving. Furthermore, we acknowledge that each individual's medical needs and requirements are unique. The treatment plans, evaluations, hands-on treatments, and home self-treatment programs described are tailored to a general audience and may not be suitable for everyone. It is important to consult with a qualified healthcare provider to determine the appropriate course of action for your specific situation.

Higher PT's commitment to providing exceptional care is reflected in the expertise of its therapists and their dedication to your well-being. Our company's goal is to reduce pain, address symptoms, identify root causes, and enhance overall physical health. Contact us for any professional guidance or therapy!

At Higher Physical Therapy, we don't just treat symptoms; we empower you to embrace life without limitations.

Julie Zapata, at HIGHER PHYSICAL THERAPY