

Hip Exercises

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Deep Hip Rotators – Theraband Exercise Standing

These muscles are important for keeping our hips stable, for ensuring good alignment through the leg, and for strength and control in most sports. They are vitally important in dancers who need hip control above horizontal. This exercise will help you to learn to activate the deep rotators in standing, at the same time as keeping your legs in good alignment.

Exercise

Put the Theraband (supplied and fitted by your physiotherapist) around your thighs just above your knees. Place your feet slightly greater than shoulder-width apart, and point your feet straight ahead. (In reality, when we stand and walk our feet turn out slightly, but to do this exercise correctly it is easier to keep the feet straight).

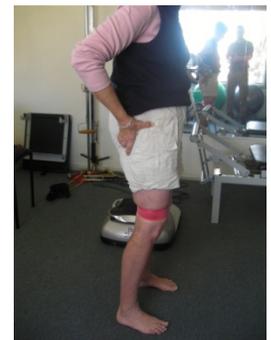
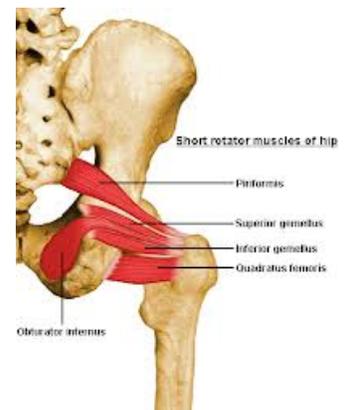
Place the tips of all four fingers into the gutters behind your hips, at the tops of your legs. This is the same position you put your fingers with the 'Deep Hip Rotator – Side Lying' exercise. Bend your knees slightly.

Gently hollow your lower stomach muscles. Using your deep hip rotator muscles, turn your hips outwards. Don't think of pushing your knees apart. The turn must come from the hips, not the legs. Feel the muscles gently bulge under your fingers. Look down at your knees and feet. If you do the exercise correctly, your knees will turn out slightly, so that the kneecaps are aligned over your 2nd or 3rd toes, and you feel resistance by pushing out against the Theraband. If the feet start to roll out, you are using your leg muscles and going too far.

Hold the position while you take two slow deep breaths. Then gradually relax and let the knees slowly turn back in slightly. Take a breath and repeat. Do 10 repetitions. Have a 30 second break then do it all again.

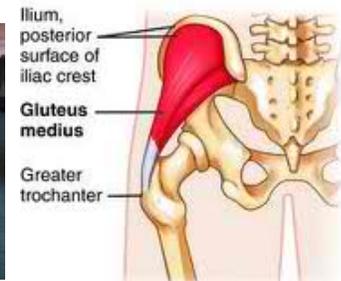
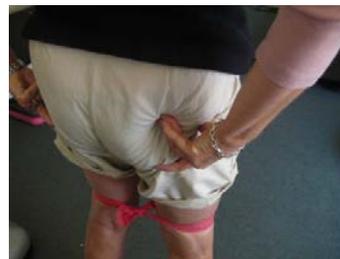
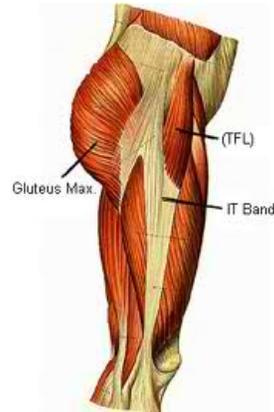
Important points

- Keep checking and correcting your feet. They will want to turn out.
- You should feel the muscles working in the backs of your hips, not in the side of the legs.



Advanced Exercise:

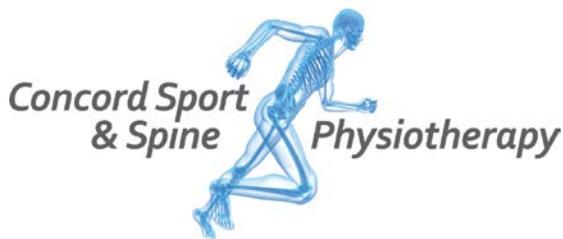
1. It is common to overuse the muscles at the front & outside of the hips, called the *tensor fascia lata* (TFL). It is possible that this muscle will take over when you try to get the deep hip rotators working. To ensure this is not happening, you need to really focus on feeling the hip turn coming from the deep muscles at the back. It may also help to feel the TFL at the same time. If this muscle is getting tense during the exercise, you are overusing it. Place your thumb over TFL, just in front of your outside hip bone (*greater trochanter*), and keep your fingers over the deep hip rotators. As you turn the hip out, feel that the turn is coming from the back, not from the front.
2. Once you can do the hip rotation exercise correctly, it is also useful to work on activating your outside gluteal muscle (*gluteus medius*). Now place your thumbs in the gutter behind the hips to feel the deep rotators, and your fingers 1 to 2" (3-5cm) behind the thumbs. Press the finger tips in firmly. As you activate the hip rotators, try to feel the gluts activating as well.



If you would like a printable copy of this exercise, please email us at: info@cssphysio.com.au

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