7 Exercises to Prevent Hip Injuries

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7 Exercises to Prevent Hip Injuries

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

7 Exercises to Prevent Hip Injuries is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit http://ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com . Your feedback and ideas will help with the content of future editions and books.

The Hips are the Key

Over time, the hips have been getting more and more attention in the areas of health, fitness, injury prevention, performance and rehabilitation.

This focus on the hips is the result of the discovery that the hips play a key role in the cause and prevention of lower back and knee injuries; plus, the hips are very important for generating and transferring force.

In this guide, I go over 7 exercises that you can do to help prevent hip injuries. These exercises are easy to do without any equipment and can be done anywhere.

Don't let the simplicity of the exercises keep you from realizing how effective they are.

The seven exercises address dynamic movement, stretching, muscle tension and strength.

Dynamic Movements - With the two dynamic movement exercises, we are moving the hip joint through its full range of motion, loosening up the muscles of the hip and activating key muscles in the hip.

Stretching Exercises - The three stretching exercises target muscles in the hip that shorten up and pull the lower body out of alignment, increasing the risk of injury.

Foam Rolling Exercise - The foam rolling exercise targets the area of the hip that commonly increases in tension, which can affect proper movement in the hips.

Strength Exercises - The bonus strength exercise targets common muscles that are weak in many people with hip injuries.

Enjoy the exercises.

Take care,

Rick Kaselj, MS

Key Exercise Details for 7 Exercises to Prevent Hip Injuries

What should I do before performing these exercises?

Consult with your physician to see if there is any reason why you should not perform these exercises.

How often should I perform the exercises in this book?

Each exercise should be performed every day.

When should I feel and see results?

You will begin to feel results within 7 days of doing the exercises every day.

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be dong them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

EXERCISE 1: Knee High and Back

Start

End

Purpose:	To activate the psoas muscle above 90 degrees of hip flexion, warm up the hip in the forward/back direction (sagittal plane) and activate the gluteus maximus.
Starting Position:	Standing on your right leg with your left knee as high as possible while still keeping your upper body in a straight line (head-shoulder-hip).
How to Do the Exercise:	1. Straighten your left leg out and move it back in a smooth and controlled manner. 2. During the movement your upper body stays in a straight line. 3. Reverse the movement and return the knee to the starting position. 4. Perform 10 repetitions and then switch legs.
Progressions:	- Can add ankle weights. - Can fix leg that is moving to resistive tubing or a pulley. - Stand on one leg with no support (hand is not holding anything).

EXERCISE 2: Forward and Back Leg Swings

 **Start**	 **End**

Purpose:	To warm up the hip in the forward/back direction (sagittal plane) and lubricate the hip joint.
Starting Position:	Standing on your right leg with your left leg straight and in front of you.
How to Do the Exercise:	1. Swing your left leg behind you. 2. During the movement your upper body stays in a straight line. 3. Reverse the movement and return the knee to the starting position. 4. Perform 10 repetitions and then switch legs.
Progressions:	- Increase to 15 and then 20 repetitions. - Stand on one leg with no support (hand is not holding anything).
Contraindications & Common Mistakes:	- Upper body leans forward – make sure to keep the upper body in a straight line. - Curves in the back change – If the curves in your back are changes, you maybe starting or ending the movement too far.

EXERCISE 3: Diagonal Leg Swings

 **Start**	 **End**

Purpose:	To warm up the hip in the forward/back (sagittal plane) and side-to-side direction (frontal plane) and lubricate the hip joint.
Starting Position:	Standing on your right leg with your left leg straight and in front of you at an angle.
How to Do the Exercise:	1. Swing your left leg at an angle behind you. 2. During the movement your upper body stays in a straight line. 3. Reverse the movement and return the knee to the starting position. 4. Perform 10 repetitions and then switch legs.
Progressions:	- Increase to 15 and then 20 repetitions. - Stand on one leg with no support
Contraindications & Common Mistakes:	- Upper body leans forward – make sure to keep the upper body in a straight line. - Curves in the back change – if the curves in your back changes, you may be starting or ending the movement too far.

EXERCISE 4: 90 to 90 Hip Flexor Stretch

 **Start**	 **End**

Purpose:	To stretch out the two joint quadriceps muscle (rectus femoris).
Starting Position:	Position your body into a 90 and 90 position with the foot of the front leg flat on the ground with the knee bent to 90 degrees. The back leg is at 90 degrees with the foot and shin flat on the ground.
How to Do the Exercise:	1. Contract the seat (gluteus maximus) of your back leg and move your hip and upper body forward until you feel a light stretch in the thigh and hip of the back leg. 2. Hold the stretch for 20 seconds and perform twice on each side.
Progressions:	- None
Contraindications & Common Mistakes:	- Upper body leans forward – make sure to keep the upper body in a straight line. - Curves in the back change – if the curves in your back changes, you may be starting or ending the movement too far. - Not feeling much of a stretch – make sure the shin and foot of your back leg is flat on the floor. - Feel knee pain in the front leg – move the front foot forward so the front knee has a bend that is greater than 90 degrees.

EXERCISE 5: Deep Hip Flexor Stretch

 **Start**	 **End**

Purpose:	To stretch out the deep hip flexor (illiacus).
Starting Position:	Position your body into a 90 and 90 position with the foot of the front leg flat on the ground with the knee bent to 90 degrees. The back leg is at 90 degrees with the foot and shin flat on the ground. Lift the arm of the same straight side of the body where the knee is on the ground.
How to Do the Exercise:	1. Contract the seat (gluteus maximus) of your back leg and move your hip and upper body forward until you feel a light stretch deep into the pelvis area. 2. Hold the stretch for 20 seconds and perform twice on each side.
Progressions:	- None
Contraindications & Common Mistakes:	- Upper body leans forward – make sure to keep the upper body in a straight line. - Curves in the back change – if the curves in your back changes, you may be starting or ending the movement too far. - Not feeling much of a stretch – make sure the shin and foot of your back leg is flat on the floor. - Feel knee pain in the front leg – move the front foot forward so the front knee has a bend that is greater than 90 degrees.

EXERCISE 6: Quad Foam Rolling

 **Start**	 **End**

Purpose:	To self massage the quads.
Starting Position:	Place a full foam roller just above your knee on your right leg.
How to Do the Exercise:	1. Roll the thigh over the foam roller from just above the knee to the hip. 2. Roll 5 times up and down the quadriceps.
Progressions:	- None
Contraindications & Common Mistakes:	- Don't feel anything – You can rotate the hip in or out and self massage more of the outer or inner thigh.

EXERCISE 7: Hip Rotation Stretch

 **Start**	 **End**

Purpose:	To stretch the muscles that rotate the hip.
Starting Position:	Lying down on your back with your feet a shoulder width apart.
How to Do the Exercise:	1. Rock the knees to one side. 2. Hold for a second and then rock to the other side. 3. Rock side to side 5 times
Progressions:	- Move the feet wider apart.
Contraindications & Common Mistakes:	- Don't feel a stretch – move your feet wider. - Stress in your lower back – focus on the movement occurring in your hips and not your lower back.

Bonus EXERCISE: Bowling Squat

 **Start**	 **End**

Purpose:	Strengthening the muscles of the outer hip (gluteus medius).
Starting Position:	Standing on right leg.
How to Do the Exercise:	1. Squat down and reach forward with the left arm and reach back with the left leg. 2. Perform 10 repetitions on each side
Progressions:	- Increase the depth that you squat.
Contraindications & Common Mistakes:	Feel knee pain – make sure to have more of your weight on the middle part of your foot or on your heel.

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 260 presentations to more than 5,000 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He recently hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents

and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit www.**Exercises***For***Injuries**.com

About Healing Through Movement

Healing Through Movement
Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with

a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit www.HealingThroughMovement.com .

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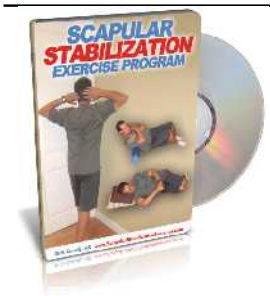
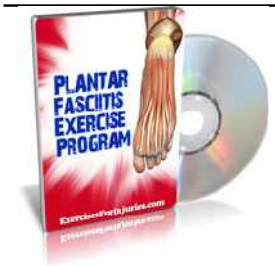
Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make life's simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.
For more details visit - http://**Scapular**Stabilization**Exercises**.com/



Exercise and Plantar Fasciitis

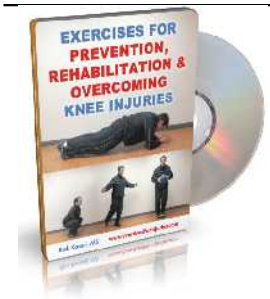
The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise webinar will be exercise program design for clients who have plantar fasciitis.
For more details visit - http://exercisesforinjuries.com/plantar-fasciitis-exercises/

The Most Effective Rotator Cuff Exercise Program

After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff clients but it is only one part of an effective rotator cuff conditioning program. The fitness professional must address all five areas of a rotator cuff conditioning program in order to fully rehabilitate the rotator cuff. If not, they will only band-aid the injury and not fully help their client overcome it. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff conditioning program and exercises to help their client's rotator cuff injury.
For more details visit - http://exercisesforinjuries.com/rotator-cuff-conditioning-exercises/

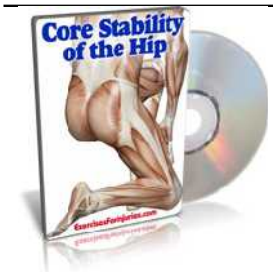
Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities among adults but most will have to stop due to an injury. Along with a solid running program that prevents over-training, there are a number of key exercises that must be included in a recreational runner's program in order to be injury-free. In the corrective exercises for running injury-free webinar, the fitness professional will learn a comprehensive list of assessment techniques and exercises to keep their clients running injury-free.
For more details visit - http://exercisesforinjuries.com/running-corrective-exercises/



Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries

The knee is the focus of an exercise program when it is injured but often ignored any other time. More and more research has shown that the goal of the client should determine the knee exercise program compared to the presence or absence of injury. If your client's exercise goal is prevention of knee injuries, their exercise program should differ from that of a client recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, here is an exercise program that focuses on overcoming knee injuries. It is important that the fitness professional know which exercises and exercise programs are best for their client depending on the goal of the client. In this exercise and knee injury webinar, fitness professionals will learn three different knee exercise programs to help their clients who want to prevent a knee injury from occurring, to rehabilitate a knee injury and overcome knee injuries by preventing them in future.
For more details visit - http://exercisesforinjuries.com/acl-injury-exercises/



Core Stability of the Hip

In this video presentation, fitness professionals will learn a progressive exercise program that they can use with their personal trainer and group fitness clients to improve core stability in the hip, and prevent and recover from back, hip and knee injuries.
For more details visit - http://exercisesforinjuries.com/hip-injury-exercises/

Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated that 126,000 spinal fusion surgeries occur each year in the US and since 1996 the number of surgeries has increased 116%. The group that has had the greatest increase in lower back spinal fusion are adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.
For more details visit - http://exercisesforinjuries.com/lumbar_fusion_exercises/

Interested in receiving a Shoulder Injury Guide?

Visit http://ExercisesForInjuries.com

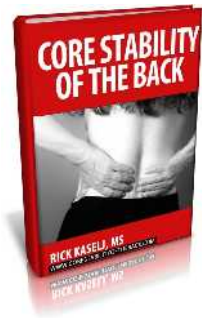
Products from Rick Kaselj

Muscle Imbalances Revealed

As a fitness professional we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. To get past this what you need in your toolbox is a full understanding of muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

For more information visit - http://MuscleImbalanceRevealed.com



Core Stability of the Back

The Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road of being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In the Core Stability of the Back program you will get an easy to follow program that you can do anywhere and will help you on your way to a pain-free back. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

Core Stability of the Back - *Home Program* -

The complete Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road to being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In this home program you will get the Core Stability of the Back book plus a home DVD, audio workout and audio book. The Core Stability of the Back program provides you with an easy to follow program that you can do. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

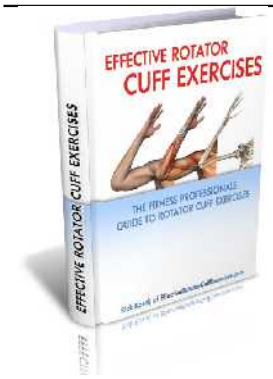
Core Stability for the Rehab Client DVDs *(Recorded Seminar)*

Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis. - $89.00 for 3 DVD set

For more information visit - http://exercisesforinjuries.com/core-stability-for-the-rehab-client/

Most Effective Gluteus Maximus Exercises

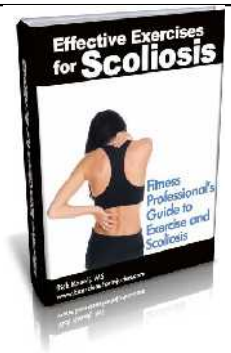
A common area that people want to exercise is their gluteus. There are a number of common exercises people do but recent research has determined which gluteus exercises are the most effective. This guide will help you learn about the most common gluteus exercises and which ones are the most effective in working your gluteus maximus, hamstrings and gluteus medius.



Effective Rotator Cuff Exercises
- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. Gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a must for you.

For more details visit - http://effectiverotatorcuffexercises.com/



The Most Effective Exercises For Scoliosis

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - http://effectiveexercisesforscoliosis.com/

Interested in receiving over $299 worth of fitness education information?

Visit http://www.ExercisesForInjuries.com