

Healthy Joint Series

Precision Fitness

Intermediate

Healthy Hips Program

Function,
Stability,
Mobility,
Strength!



Precision Fitness, Personal Fitness, Inc.

www.pfitcentral.com

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About Precision Fitness

Founded in 2001, Precision Fitness has been a leader in designing comprehensive strength and conditioning programs.

Many of our clients come to us because either pain, injury or declining health has left them unable to maintain an active vibrant lifestyle. These people, many of whom come in feeling helpless after exhausting all other options, find renewed hope after working with our highly qualified team of fitness, wellness and sports medicine experts.

We have countless success stories of people who have overcome their issue to take charge of their lives again. Because fitness is strength, and strength is power, we are passionate about helping people who feel defeated to find new strength for living at Precision Fitness.

The information contained within this manual is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

We hope you find the following information useful.

Sincerely,

The Fitness Pros at Precision Fitness

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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Precision Fitness advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use our Hip Protocol, please follow your Doctor's orders.



The Precision Fitness Healthy Hips Program is designed to improve the mobility, stability, and strength of the hip joint.

If you have hip and/or lower back issues, please make sure that you have a medical professional diagnose the issue before beginning this program.

The hip joint can cause issues with the knees and lower back when mobility, stability and strength are not optimal. Tight and immobile hips will cause faulty movement patterns when you squat, walk, or run. Keeping your hips mobile, stable, and strong will enhance your body's ability to properly use your hips for squats, deadlifts, running, walking, etc.

While this manual shows exercises for mobility and strength, we also have a video posted on our YouTube channel. To view our Healthy Hips Protocol video, please visit our YouTube page at the following link:

Healthy Hips Protocol - intermediate:

<https://youtu.be/vEt9TNbdMZY>



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SMR Glutes/Piriformis

Preparation

- Sit on foam roll on your left glute, place your left ankle on top of right knee and left hand behind you.
- With the right hand, pull the left knee towards chest.

Movement

- Slowly roll your hip and buttocks until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.
- Repeat on other glute.

Tips

- Pull your knee towards your chest to open the hip and increase effectiveness.
- Apply as much pressure as tolerated.



SMR Quads/Hip Flexors

Preparation

- In the face down position place your thigh on the foam roll.
- Place foam roll just above the knee.

Movement

- Slowly roll your thighs until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Rotate your leg in and out to find additional tender spots.



SMR-ITB

Preparation

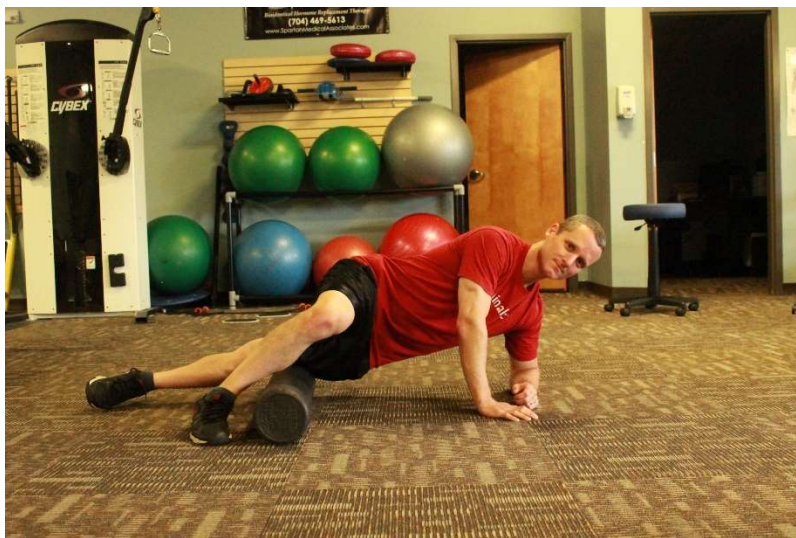
- Lie on your side while placing your outer thigh on the foam roll with your top foot placed on the floor in front of you.
- Foam roll is just above the knee to start.

Movement

- Slowly roll your outer thigh until a tender spot is found.
USE CAUTION: Tender Area of the body.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Releasing this region of the body will greatly aid your performance.



SMR - Adductors

Preparation

- In the face down position place your inner thigh on the foam roll.
- Foam roller should be just above the knee, on the inside of leg.

Movement

- Slowly roll your inner thigh until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Remember to roll from the groin to just above the knee.



Quad/Hip Flexor Mobility

Preparation

- Place right foot on an elevated object (bench, couch) and lower right knee to floor.
- Start in a slight hinged position.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Squeeze your right glute and come up to a tall postural position. Hold position for a 2-3 count.
- Release and return to start position.
- Repeat on other leg.



Mobility - Hamstrings

Preparation

- Stand with one foot on elevated surface with good posture.
- You can use a dowel rod to help with balance if necessary.

Movement

- Brace your abdominals to assure spinal stability.
- Hinge from the hip until a slight stretch in the hamstring is felt.
- Hold for 2-3 seconds and then return to start position.
- Repeat
- Repeat on other leg.



Mobility - Adductors

Preparation

- Kneeling on the ground on all fours.
- Hands underneath shoulders, knees underneath hips, back flat.

Movement

- Take right leg straight out to the side.
- Sit back toward heel keeping back flat. Once stretch is felt, hold 2-3 seconds.
- Come forward all the way bringing the front of the hip toward floor. Return to start position and repeat.
- Switch legs.



Mobility – Crossover Hip

Preparation

- Kneeling on the ground on all fours.
- Hands underneath shoulders, knees underneath hips, back flat.

Movement

- Cross left leg over the right leg and “sit back” onto right hip. Hold for 2-3 seconds, then switch and cross right leg over left and sit back into left hip.



Single Leg Bridge

Preparation

- Lie supine on the floor with knees bent and feet flat on the floor.

Movement

- Brace your abdominals to assure spinal stability.
- Pull right knee into chest.
- Drive left heel into floor as you raise hips until you feel left glute fire.
- Pause and lower down under control.
- Repeat with other leg.

Tips

- Keep hips level the entire time.



Band Walks

Preparation

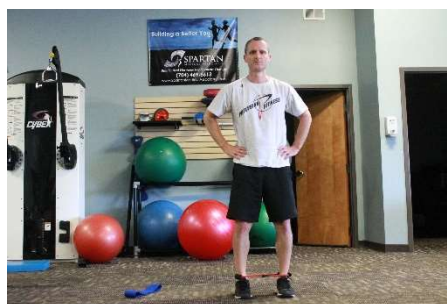
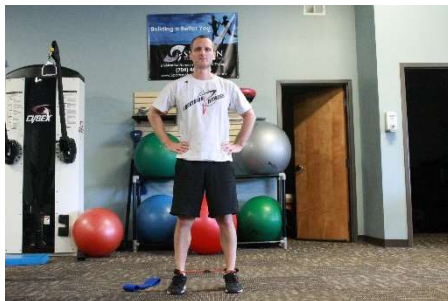
- Place a fit loop/band around ankles
- Turn toes inward slightly, heels out.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Take a small step to the left.
- Bring right foot back in toward left while keeping tension on the band at all times.
- Repeat to the left for 15 reps.
- Come back to the right for 15 reps.

Tips

- .Keep toes turned slightly in at all times.
- Keep upper body stationary at all times



Wall Supported Glute

Preparation

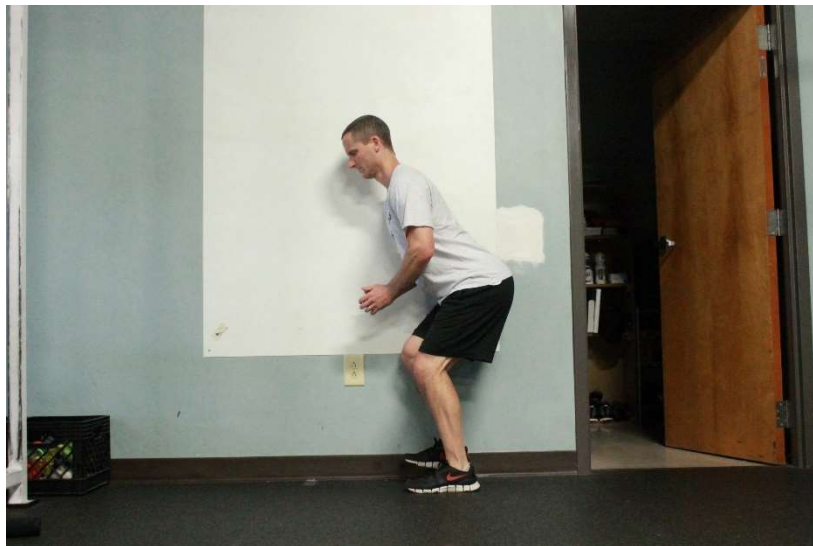
- Lean right hip and shoulder against the wall.
- Left leg should be directly underneath hip.

Movement

- Brace abdominals to assure spinal stabilization.
- Hinge from hip keeping back straight.
- Lift right foot off of the floor a few inches.
- Gently push the left knee “out”
- Hold position.
- Switch sides.

Tips

- .When pushing knee out, do not allow foot to roll off, keep the toes in contact with the ground at all times.



Single Leg Cone Taps

Preparation

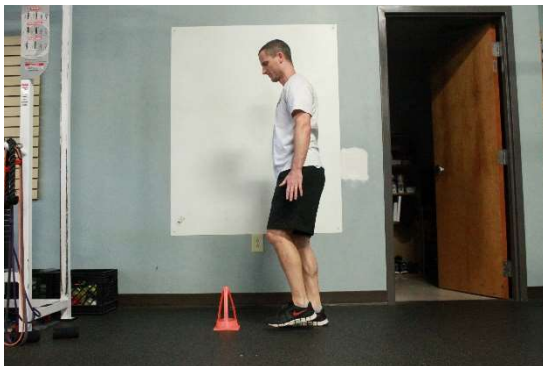
- Standing in front of cone (or other raised object) with good posture and one foot off of floor.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Hinge from hip and slowly lower the torso down and tap cone with hand.
- Drive through the heel and come back to start position using the glute.
- Switch legs.

Tips

- Keep weight into your hips while doing this exercise.
- Keep back flat and maintain good posture.



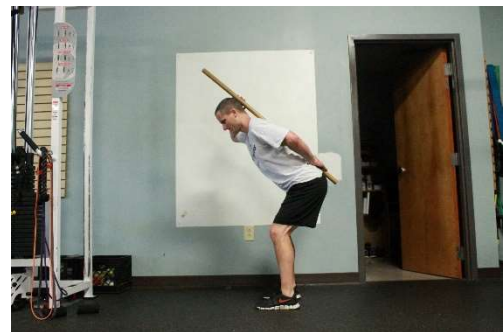
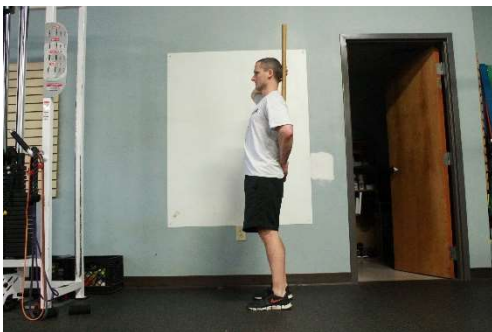
Standing Hip Hinge

Preparation

- Stand with dowel rod against spine.
- Dowel rod should be hitting three spots on spine: tailbone, between shoulder blades, and the back of the head.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Push hips back as you lean forward while maintaining dowel rod in contact with spine at all times.
- Drive through heels and come back to start position.



Exercise Progressions for Healthy Hips: (Intermediate)

The SMR should be done until the tenderness is significantly reduced or gone before moving on to the rest of the exercises in this protocol.

The rest of the exercises are to be done for 2 sets per exercise, 12-15 reps per leg.

These exercises can be done in a circuit fashion or for 2 sets per exercise.

1.
 - a. **SMR Glutes/Piriformis**
 - b. **SMR Quad/Hip flexor**
 - c. **SMR ITB**
 - d. **SMR Adductors**

2.
 - a. **ROM-Quad**
 - b. **ROM – Hamstrings**
 - c. **ROM - Adductors**

3. **Mobility**
 - a. **Adductor**
 - b. **Hip Crossover Stretch**

4. **Single Leg Bridges/Hip Extension**

5. **Band Walks**

6. **Wall Supported Glute (hold each side for at least 15 seconds)**

7. **Single Leg Cone Taps**

8. **Standing Hip Hinge**

If you have healthy hips, you may use this as a warm-up progression. One set of each exercise for 6-8 reps.

To see our YouTube video of the Healthy Hips Program - intermediate, click the link below:

<https://youtu.be/vEt9TNbdMZY>



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Check out our YouTube Channel

(<https://www.youtube.com/user/NCPrecisionfitness>) for more exercise and fitness related videos. While you are there, subscribe to our **YouTube Channel** so you don't miss any new content.

We also offer **Online Training**. For more information, visit our website:

<https://www.pfitcentral.com/online-training/>