

Mobility for Hip

Welcome to the Eleiko Mobility for Hip programming. Mobility is essential for optimal performance and injury prevention. Eleiko uses multiple applications to address tissues and motions to produce optimal mobility. These programs will use foam rolling, muscle activation techniques®, fascial mobilisers™, and dynamic mobility drills. These programs provide various suggestions for hip mobility, but they are only suggestions. A full assessment process is as seen in the Eleiko Readiness and Recovery Training course is the only way to truly determine the right exercises to use. Done correctly, these programs should take less than 12 minutes.

Mobility for Hip 1	
Exercise	Tips
Foam Rolling	
Top of Thigh	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Anterior Hip Capsule	<ul style="list-style-type: none"> Roll for 10-15 sec, then shift area for 5 sec
Adductor	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Muscle Activation	
Hip Add, Flex, Int Rot	<ul style="list-style-type: none"> Move the hip into its end range position. Place hand on inside/top of thigh and push up and in with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Hip Flexion w/ Straight Leg	<ul style="list-style-type: none"> Move the hip into its end range position. Place right hand on top of thigh with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Sit-n-Reach w/ Lateral Shift	<ul style="list-style-type: none"> From a standing position, place feet hip-shoulder width keeping toes pointing straight ahead. Slowly, as if in water and trying to not make waves, move as if sitting into a chair shifting hips to one side while reaching hands away from hips to the point where you just start to feel some tension (NOT as far as you think you can go!). Perform 3-4 reps to each side, or about 30 seconds.
Dynamic	
Adductor Squat w/ Reach	<ul style="list-style-type: none"> From standing position, place a foam roller or small object between knees Squat down reaching hands in front of you Return to standing position and repeat for 5-8 reps

Mobility for Hip 2	
Exercise	Tips
Foam Rolling	
Tailbone	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Glutes	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Lateral Thigh – Vertical	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Muscle Activation	
Hip Abduction w/ Int Rot	<ul style="list-style-type: none"> Move the hip into its end range position. Push left heel outward and into the floor with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Hip Extension w/ Bent Knee	<ul style="list-style-type: none"> Move the hip into its end range position. place right finger tips on back of thigh with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Sit-n-Reach	<ul style="list-style-type: none"> From a standing position, place feet hip-shoulder width keeping toes pointing straight ahead. Slowly, as if in water and trying to not make waves, move as if sitting into a chair while reaching hands away from hips to the point where you just start to feel some tension (NOT as far as you think you can go!). Perform 3-4 reps to each side, or about 30 seconds.
Dynamic	
Deep Sqt w/ Activation to OH Reach	<ul style="list-style-type: none"> From standing position, squat down into a full squat and grab toe of shoe in your hands Lightly pull up on toes as if to stand, creating an isometric contraction (activation) and hold for 1-2 sec Let go of toes, raise hands overhead and return to starting position Repeat for 5-8 reps

Mobility for Hip 3	
Exercise	Tips
Foam Rolling	
Lateral Thigh – Horizontal	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a “5”, then shift area for 10 sec
Lateral Glutes	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a “5”, then shift area for 10 sec
Anterior Hip / TFL	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a “5”, then shift area for 10 sec
Muscle Activation	
Hip Abd, Flex, Int Rot	<ul style="list-style-type: none"> Move the hip into its end range position. Place left hand on outside/top of thigh and push up and out with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Hip Abd, Flex, Ext Rot	<ul style="list-style-type: none"> Move the hip/knee into its end range position. Place left hand on outside/top of thigh and push up and out with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Sit-n-Reach w/ Lateral Shift	<ul style="list-style-type: none"> From a standing position, place feet hip-shoulder width keeping toes pointing straight ahead. Slowly, as if in water and trying to not make waves, move as if sitting into a chair shifting hips to one side while reaching hands away from hips to the point where you just start to feel some tension (NOT as far as you think you can go!). Perform 3-4 reps to each side, or about 30 seconds.
Dynamic	
Lateral Low Squat w/ Opposite Reach	<ul style="list-style-type: none"> From standing position, squat down to one side reaching hands in toward the opposite leg Return to starting position and repeat on other side Perform 5-8 reps each way