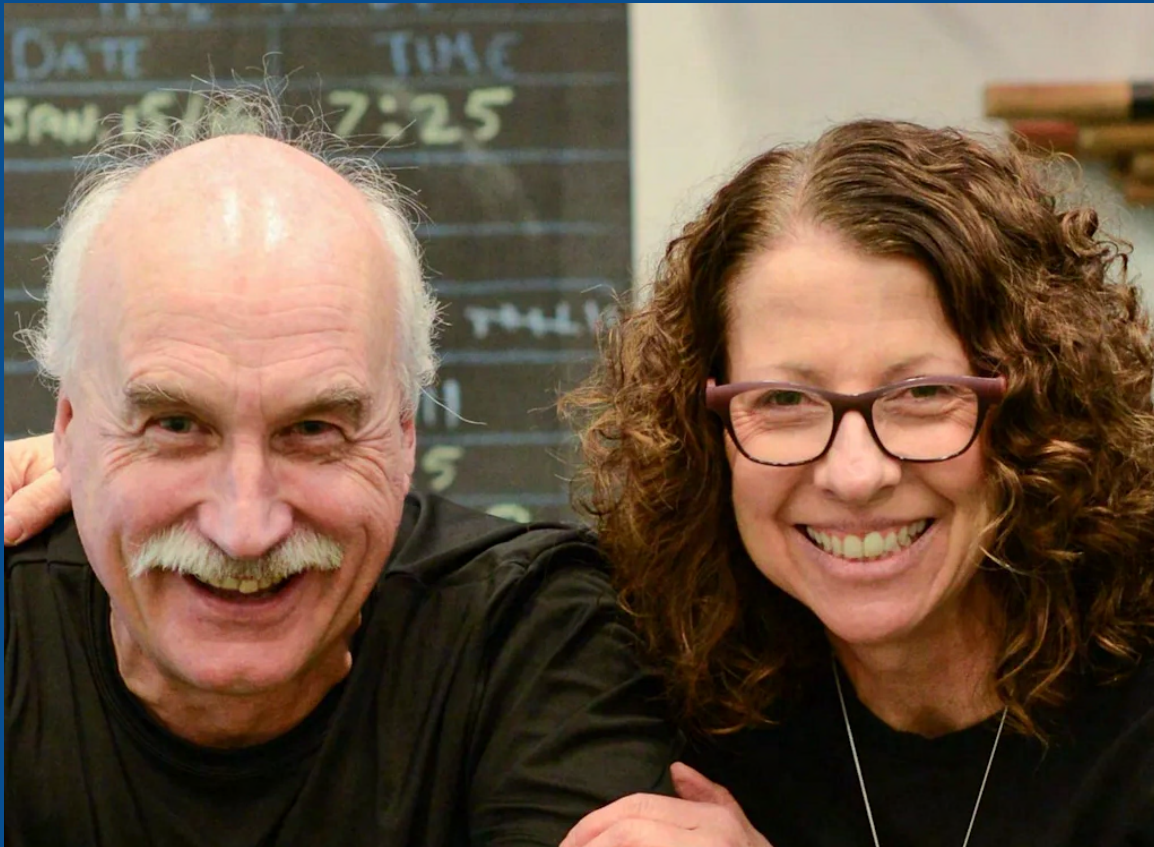


BACK TO BASICS HIP AND KNEE EDITION



This workbook and accompanying videos work best when viewed in a pdf viewer such as Adobe Acrobat Reader that can be downloaded [here](#). If you are viewing this workbook in a web browser, please right click on the  button and choose "open in new tab". This will keep your place in the workbook. Using the back button will return you to the first page of the workbook.

As with all exercise programs, when using our exercise videos, you need to use common sense. To reduce and avoid injury, you will want to check with your chiropractor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. Edgemont Chiropractic Clinic and Sheila Hamilton Movement Garden are not responsible for any injuries sustained in the performance of these exercises.

Please do these exercises with quality not quantity in mind. Hold for breath cycles and complete the number of repetitions that feels good with your anatomy. Repetition ranges are approximate.

BREATHING

FACE DOWN OPTION:

- Lie face down with forehead on hands.
- Breathe into the lower back (lift and lengthen) as well as the sides and front.
- Let the upper back and shoulders relax.
- Perform 20 diaphragmatic breaths (the whole cylinder).



FACE UP OPTION:

- With hands on or at your sides.
- Feel the intra-abdominal pressure you create with your inhale.
- On the exhale set your neck posture (chin tuck) and rib-hip connection depending on your posture.



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ROLLING QUADS:

OPTIONS SHOWN ARE ON THE FLOOR. THERE ARE WAYS TO RELEASE FROM STANDING IF THESE PICTURES LOOK TOO CHALLENGING FOR YOU AT THIS TIME. (ASK US HOW!)

- Release the muscles and fascia with a roller. Offset your weight and work into some passes with the roller that are close to your kneecap but not on it.
- Work the roller into longer passes from the top of the knee to your hip. Change the angle and the pressure depending on how tight and sensitive you are.
- 10 passes to start.



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GLUTES

- Set this up with the right hand on the floor, right hip on the roller. Offset the weight depending on your sensitivity.
- Crossing the right ankle over the left knee puts the hip into more external rotation. You can roll deeper, but this should be tolerable - don't go too hard or long as this can cause a bruise or inflame the area.
- Keep both feet on the floor if too awkward or sensitive.
- 10 passes to start and change sides.

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HAMSTRINGS AND CALVES

- Keep the posture upright and support yourself with your hands behind you.

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HALF KNEELING STRETCH

FROM HALF KNEELING OR STANDING WITH A STAGGERED STANCE

- Place one knee on the ground supported by a pillow if needed.
- Tuck the hip under on the 'down knee' side, lengthening through the front of the hip.
- Hold for 60 seconds, adding small pulses if you like but please avoid arching your back.

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KNEE EXTENSIONS

- Position yourself on a chair with a cushion, half roller or towel under the back of one leg.
- Slowly extend the knee to straighten it but avoid “locking” or hyperextending the knee. Tighten the muscle above and around your kneecap.
- Try and keep the foot and ankle straight as you perform 10 repetitions on each side.



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EXPLORE THE 90 / 90 POSITION:

INTERNAL AND EXTERNAL RANGE OF THE HIP

- Position yourself as shown, using pillows to support your front leg if needed.
- Work to keep your posture tall by using your arms to keep upright.
- Try not to round your back as you move your torso in different directions towards your front knee and foot.
- Try to gently move the back leg into internal rotation by lifting the foot off the floor. Yes, this is hard. Go easy.
- 10 pulses in different directions to the front and 10 internal rotations on the back hip, then change sides.



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HIP MOBILITY:

CONTROLLED ARTICULAR ROTATIONS

- Position yourself on all fours with hands under your shoulders and knees under your hips. Place the down knee on a cushion if you like.
- Find neutral spine position, head, mid-back and sacrum in line and level the hips.
- Distribute your weight evenly between your hands and try not to shift to your base side as you circle your hip slowly in as big a range of motion as you can without involving the back.
- 3 circles in each direction then change sides.

OPTION:

Add hip extensions (heel to ceiling) being mindful not to lose your neutral back (loss of posture) or your deep breathing.



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SIDE LYING CLAMSHELLS

- Lie on your side with your bottom hip tucked under and your head supported with your bottom arm.
- Stack your knees a little in front of you, feet together.
- Lift the top knee and foot with control. Try to feel your hip work and lower slowly.
- You should not be rolling back or moving your low back.
- Perform 10 reps on each side.
- Many variations of this exercise are available to challenge your mobility and strength. A loop band can be added for more challenge, but please start without a band and get a foundation built before progressing.



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DOUBLE BRIDGES: HIP EXTENSIONS

- Lie on your back with knees bent, feet shoulder-width apart.
- Set your neck, rib-hip connection, engage your glutes and lift your hips into a straight line from shoulders to knees. The torso should move as a solid unit.
- Repeat x 10



*Regarding breath on the bridge - this can change depending on the demand but for now I suggest “Initiating the lift of the hips with the inhale.” When we start to add movement to breath there is often more than one correct way to coordinate it. I like to say we need to dial the breath for the imposed demand - so if the demand is low, we may not even have to think about coordinating the breath at all.

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SINGLE LEG BRIDGES

- Lie on your back with knees bent, feet shoulder width apart.
- Set your neck, rib-hip connection and lift one leg off the floor.
- The “leg lock position” ensures you lift your hips as a unit: the hand of the up knee is placed behind your thigh, and the other arm is placed across the edge of your rib cage.
- Engage your glutes and lift your hips into a straight line from shoulder to knee. The torso should move as a solid unit.
- Pause for a moment at the top of the hip extension and then lower the hips to the floor. Try to avoid any shift in the level of your hips as you lift and lower.



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SQUAT

- Position your feet hip width or wider and adjust your feet naturally.
- Find neutral spine position, head, mid back and sacrum in line.
- Breathe in as you descend and move your hips down and out as you stand up to posture.
- Perform 10 squats
- Use something to support you if needed.
- Only go as low as you can control your posture.

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SINGLE LEG BALANCE:

CHECK YOUR FOOT POSITION

- Standing on one leg with support for balance if needed, take a look down at your foot and adjust your foot for angle and arch.
- Use the toes of the back foot for some assistance keeping the toes lightly on the floor or lift off if you can control the activity to hold the foot and knee position.
- Try holding for 30 seconds per side to start. Breathe diaphragmatically throughout the hold.
- Progress to small movements coordinated with your breath if you are feeling ready for more of a challenge. Lower a few inches on the inhale and rise up to posture on the exhale.



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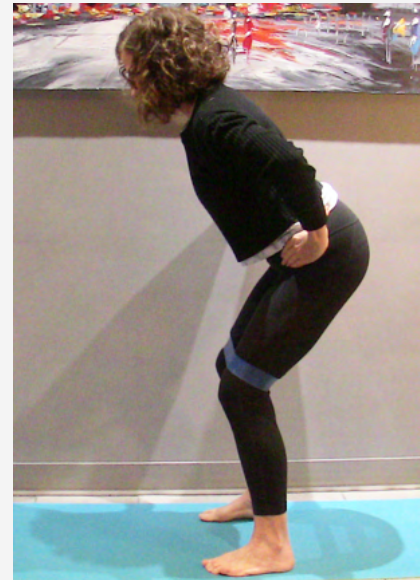
HIP HINGE WITH BAND:

THEN ADD SIDE STEPS

- With your feet hip width or wider.
- Find your neutral spine position; back of head and mid back and sacrum should touch the dowel or as close as you can get it.
- Work on hinging your hips back behind you as you breathe in, and out as your return to standing.
- In the hinge movement your knees stay over your shoelaces and do not go forward, as in a squat movement pattern.
- Perform 10 hinges.

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LATERAL SIDE STEPS

ONCE THE HINGE IS MASTERED

- Take a step or two to the left and right keeping the hips level.
- The work should be felt from the hips, not the knees
- Do this body weight and progress by using a loop band above the knees.

TAPS ON A 45-DEGREE ANGLE

WITH OR WITHOUT A LOOP BAND

- Take your balance to one side, finding a good foot and knee position.
- Perform up to 10 per side. Start without a band.



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Questions?

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