

lee chiropractic clinic

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Hip Strength

Do each exercise 20 times on each leg.

1. Hip Hikes

Stand sideways with one foot on a step. Maintain balance while keeping centered and squared. Shoulders should be evenly over hips, hips even to each other. Keeping both knees straight, raise and lower the hip of the leg that is not weight-bearing. The movement is all at your hips and waist, not at your shoulders and knees.



2. Leg Pendulums

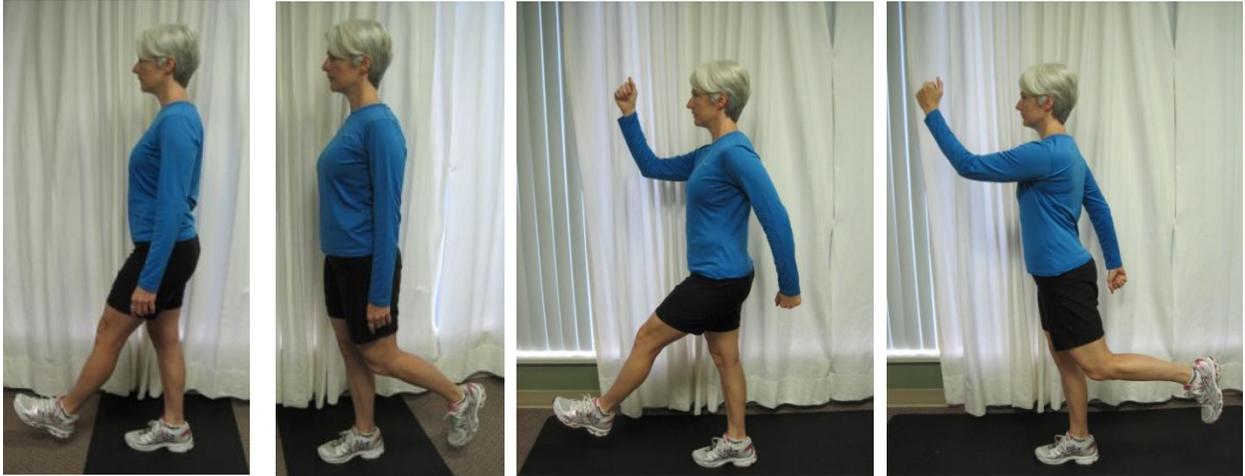
a. Side to Side: Stand with 100% of your weight on one foot. Keep alignment of nose and chest over the weight-bearing foot. Cross the pendulum leg across the body, and then raise it out to the side. Keep your whole body completely still, except for the swinging leg.



b. 45°: Again, center your body weight as above. Swing the pendulum leg forwards and across, then backwards and out to the side. The pendulum leg forms a 45° angle with the center of your body.



- c. Runner: With body aligned and centered, bring pendulum leg forward with a straight leg, and swing back while bending the knee. The swinging leg should be pushing back, as in a running motion. Cross arm swings can be included.



3. One Leg Knee Bends with Ball and Wall

Stand sideways to a wall and place a fitness ball centered at the side of your knee. Bend the knee, foot off the ground, of the leg against the ball. Get your balance and alignment:

- a. Test the ball-side leg by pushing knee sideways into the ball.
- b. Place your weight-bearing leg so your knee is over your foot.
- c. Torso should be upright and centered.

Now do knee bends, while keeping knee directed over toes (not medially or laterally).

TIP: A mirror in front of you is very helpful to get alignment right.

