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10 Minute Hip Mobility Routine

Warm up first. Move slowly, no bouncing. Aim for tension, never pain.

THE ROUTINE

- [ ] **1. March and swing (1:00)**
  Do: 30 sec high knee march, then 10 leg swings per side
  Feel: warmth
  Avoid: skipping it on cold mornings

- [ ] **2. Hip circles on all fours (1:30)**
  Do: lift one knee, biggest slow circle, 5 forward and 5 back per side
  Feel: grind easing into smooth motion
  Avoid: twisting the low back

- [ ] **3. Half kneeling hip flexor (2:00)**
  Do: knee on a towel, squeeze the glute, tuck the tailbone, shift 2 to 3 in forward. 2 x 30 sec per side
  Feel: front of the down side hip
  Avoid: arching the back

- [ ] **4. 90/90 switches and hold (2:00)**
  Do: 8 windshield wiper switches, then sit tall over the front shin 30 sec per side
  Feel: outer hip in front, inner hip behind
  Avoid: collapsing the chest

KEEP GOING

- [ ] **5. Frog rock backs (1:00)**
  Do: knees wide, ankles in line, rock back, pause 2 sec, 10 reps
  Feel: inner thighs
  Avoid: going so wide the knees complain

- [ ] **6. Lying figure four (1:00)**
  Do: ankle over opposite knee, pull the bottom thigh in. 30 sec per side
  Feel: glute and back of the hip
  Avoid: lifting head and shoulders

- [ ] **7. Supported deep squat (1:30)**
  Do: hold a door frame, sit low between the heels, shift side to side. 3 x 20 sec
  Feel: hips and ankles opening
  Avoid: heels lifting (use a towel)

EASIER VERSIONS

- [ ] Pillow under the knee in the hip flexor stretch
- [ ] Block under the seat in the 90/90
- [ ] Foot on a wall for the figure four
- [ ] Sit to a low step instead of a deep squat

SAFETY

Stop if you feel sharp, pinching or joint pain and use the easier version. If hip pain lasts more than a few days, talk to a doctor or physical therapist. Pregnant? Ask your doctor or midwife before starting.

NOTES: TIGHTEST SIDE, WHAT FELT DIFFERENT

Bed, Standing and 4 Week Tracker

Short versions for busy days, plus a tracker to tick off every session.

IN BED (4 TO 5 MIN)

- [ ] Single knee hug: 30 sec per side, straight leg heavy
- [ ] Windshield wipers: 10 per side, slow
- [ ] Seated butterfly: 2 x 30 sec, sit tall
- [ ] Lying figure four: 30 sec per side

STANDING OR DESK (3 MIN)

- [ ] Standing figure four: 30 sec per side, sit back
- [ ] Split stance hip flexor: 30 sec per side
- [ ] Leg swings: 10 front and back, 10 across
- [ ] Standing hip circles: 5 each way per side

RUNNERS

- [ ] Before: leg swings, walking lunge with reach, skips
- [ ] No long holds before speed work or races
- [ ] After: low lunge 2 x 30 sec per side
- [ ] After: 90/90 hold 2 x 30 sec per side

4 WEEK PLAN

Week 1 3 sessions, 20 to 30 sec holds, easier versions
Week 2 4 sessions, 30 sec holds, 10 switches in the 90/90
Week 3 4 to 5 sessions, 30 to 45 sec, lower squat
Week 4 5 sessions, 45 to 60 sec on the tightest spot, retest

SESSION TRACKER: TICK EACH DAY YOU DO IT

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Week 3

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

Week 4

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

RETEST ON DAY 1 AND DAY 28

Day 1, 90/90 (how upright?): _____

Day 1, deep squat (how low?): _____

Day 28, 90/90: _____

Day 28, deep squat: _____