



Get Fit. **Life Tip.** **Body 101 - Hips**

Every movement we make in our day to day life utilizes our hips: sitting, standing, walking, running, dancing and many more. The muscles that make up the hip musculature allow for: acceleration and decelerations, abduction and adduction, flexion and extension, internal and external rotation and all isometric stabilization of the LPHC and knee. The hip has muscles that go as high as the lower back (psoas) to as low as the tibia (gracilis). The hips connect the lower and upper body so it is easy to see that hip dysfunction can affect the entire body.

Proper hip function can allow us to have proper gait patterns, increase speed (walking/running), increase force and output. Keeping your hips mobile and not stiff will allow you to have an increase range of motion and rotation in your hip and increase functionality of the lower back.

A simple way to maintain balance between the muscles in your body and the hip complex is to work opposite muscles, for example:

If you sit all day → work your glutes by doing squats, glute extensions, lunges, etc.

If you are on your feet all day → work your hip flexors by doing straight leg flexion, leg raises, etc.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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