

Move Better...

Healthy Hips for a Stronger Back & Happier Knees

Why Hip Mobility Matters

Many people believe back or knee pain starts where it hurts.

Often, stiff hips reduce the body's ability to move efficiently, causing the lower back and knees to work harder than they should.

Maintaining good hip mobility helps distribute movement more evenly and makes everyday activities feel easier.

Healthy Hips Help You:

- ✓ Walk more comfortably
- ✓ Climb stairs with greater ease
- ✓ Improve balance and stability
- ✓ Bend and squat more efficiently
- ✓ Reduce unnecessary stress on your back and knees

HIP MOBILITY EXERCISES

1. HIP FLEXOR STRETCH

**Purpose:**

Improve hip extension and reduce stiffness caused by prolonged sitting.

Instruction:

Step one foot forward into a gentle lunge while keeping the back leg straight. Gently tuck your pelvis until you feel a stretch at the front of the hip.

Cue:

Keep your pelvis gently tucked.

2. SEATED HIP MOBILITY

**Purpose:**

Improve hip rotation while keeping the lower back relaxed.

Instruction:

Sit tall with both knees bent to approximately 90°. Keeping your thighs still, slowly rotate one LOWER LEG inward, then back to center. Repeat on the other side. Let the movement come from your hips.

Cue:

Move from your hips—not your knees.

**Purpose:**

Improve hip rotation while keeping the lower back relaxed.

Instruction:

Sit tall with both knees bent to approximately 90°. Keeping your thighs still, slowly rotate one LOWER LEG outward, then back to center. Repeat on the other side. Let the movement come from your hips.

Cue:

Move from your hips—not your knees.

3. SEATED FIGURE-4 STRETCH

**Purpose:**

Improve hip flexibility and reduce tension in the gluteal muscles.

Instruction:

Sit tall on a chair. Cross one ankle over the opposite knee to form a “4”. Keeping your back long, lean forward from your hips until you feel a gentle stretch in the buttock.

Cue:

Hinge from your hips, not your back.



QUICK TAKEAWAY

Healthy hips help your back and knees move more efficiently.

Just 3–5 minutes of daily hip mobility can improve movement, reduce stiffness, and help you move with greater confidence.

PTMM
PHYSIOTHERAPY