



# DAILY HIP MAINTENANCE

This is a Daily Hip Maintenance module, much like a baseball pitcher has a shoulder maintenance program. This workout should be no more than a 6/10 RPE, you are not trying to max out on the loads.

When you do the 4-way Groin Squeeze squeeze with about 50% of your max effort to start, then gradually build it up to about 90% over a few weeks.

If you feel any groin pain when you do this, then reduce your effort to get it painfree, if you cannot get it painfree then leave it out.

This is not a 'rehab' program. If you are having on-going hip or groin pain, then get it checked out by a sport physiotherapist.

|                    | EXERCISE/DATE                 |  |     |               |  |  |  |  |  |  |  |  |
|--------------------|-------------------------------|--|-----|---------------|--|--|--|--|--|--|--|--|
| SMR                | LAX on TFL                    |  | 1 x | 30s each      |  |  |  |  |  |  |  |  |
|                    | LAX on Hip Flexor             |  | 1 x | 30s each      |  |  |  |  |  |  |  |  |
|                    | LAX on Iliacus                |  | 1 x | 30s each      |  |  |  |  |  |  |  |  |
| MOBILITY           | Inline Hip Traction           |  | 1 x | 60s each      |  |  |  |  |  |  |  |  |
|                    | 1/2 Groin Rock Back           |  | 1 x | 12ea (1012)   |  |  |  |  |  |  |  |  |
|                    | Hip Flexion Off Bench         |  | 1 x | 6ea (3s hold) |  |  |  |  |  |  |  |  |
|                    | Toe on Wall Hip Extension     |  | 1 x | 6ea (3s hold) |  |  |  |  |  |  |  |  |
|                    | Quadruped Hip CARs on Wall    |  | 1 x | 2ea (slowly)  |  |  |  |  |  |  |  |  |
| STRENGTH/STABILITY | Clamshell + Abduction on Wall |  | 1 x | 8+8 (1012)    |  |  |  |  |  |  |  |  |
|                    | Supine Reverse Clamshell      |  | 1 x | 8ea (2121)    |  |  |  |  |  |  |  |  |
|                    | Standing BG Adduction         |  | 1 x | 20ea (2011)   |  |  |  |  |  |  |  |  |
|                    | 4-way Groin Squeeze           |  | 1 x | 15s each      |  |  |  |  |  |  |  |  |
|                    | SL Pelvis on Femur Rotation   |  | 1 x | 4ea (slowly)  |  |  |  |  |  |  |  |  |