

Hip Exercises for Children**Stretching**

Stretching can be a useful way to help reduce muscle pain and increase the movement you have around your hip. Try the three stretches below:

1. Hamstring Stretches

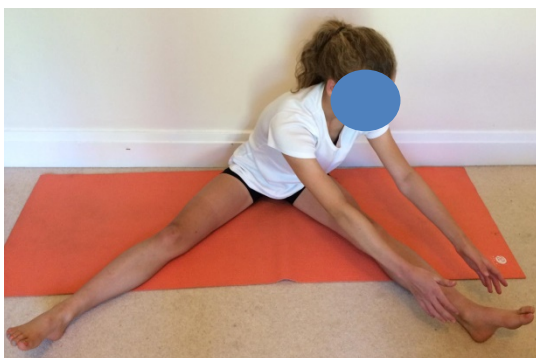
Lie on your back with one leg on the floor. Lift up the leg that you want to stretch and take it towards the ceiling keep your leg straight do not bend at the knee. Hold onto the back of your leg.

Hold for 30 seconds

2. Quadriceps Stretches

Lie on your tummy. Bend one knee and bring your foot towards your bottom. Hold for 30 seconds

You should feel the stretch in the front of your leg.

3. Adductor Stretch

Sit on the floor and take your legs out to the side. Keep your knees straight and reach for your toes.

Hold for 30 seconds.

You matter most

Strengthening Exercises

1. Bridging



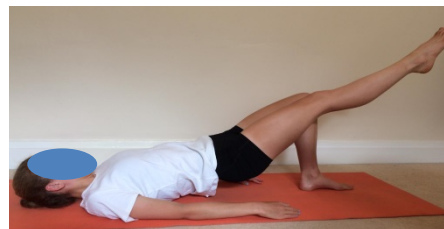
Lie on your back, with knees bent and feet hip-width apart.

Squeeze your bottom, tilt your pelvis backwards and lift your bottom up off the floor. Only lift as high as you can while keeping your pelvis straight. Hold for a few seconds then slowly lower back down.

Repeat 10 times

Note: Don't let your lower back arch during the lift.

2. Bridging progression



Begin the exercise exactly the same as exercise 1. However progress to lifting your heel off the floor, trying to keep a straight pelvis – the key is not to drop either hip. Hold for a few seconds then slowly lower back down.

Once lifting one heel off the floor becomes easy then progress to the next exercise where you can lift your whole leg off the floor and straighten your knee. Again try and keep your pelvis straight.

Repeat 10 times on each leg.

You matter most

3. 4 Point Kneeling – leg lift



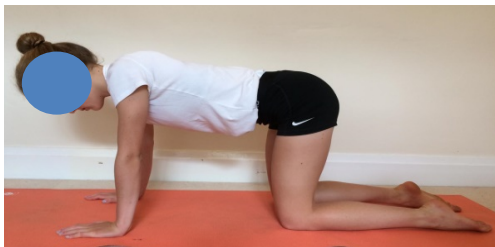
On your hands and knees, with your hands under your shoulders and knees under your hips.

Keep your spine straight.

Straighten and lift one leg behind you. Only lift as high as you can, keeping your spine straight.

Hold for a few seconds then repeat with your other leg.

4. 4 Point Kneeling – Progression



On your hands and knees, with your hands under your shoulders and knees under your hips.

Keep your spine straight.

Straighten and lift one leg behind you and lift the opposite arm reaching out in front of you. Only lift as high as you can, keeping your spine straight.

Hold for 10 seconds then repeat with your other leg.

You matter most

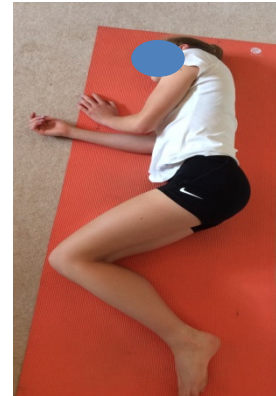
5. Clam



Lie on your side with your knees bent.

Squeeze your bottom. Lift your top knee as far as you can, without letting your pelvis rotating backwards. Keep your feet together and back straight during the exercise.

Repeat times 10 times on each side.



6. Single leg dips



Stand on one leg.

Slowly bend your knee – making sure that your knee keeps straight.

The exercise should be comfortable therefore do not dip too low and if you experience any pain anywhere, stop doing this exercise.

You can progress this exercise by performing it while throwing and catching a ball.

