

Focus on Exercise *Strong Hips for Better Running*

Over the past few years a lot of sports injury research has focussed on the connection between hip strength and lower extremity running injuries. Several of the studies including one published by Dr. Reed Ferber at the University of Calgary demonstrated that a few simple strengthening exercises can significantly reduce injuries. Understanding how to incorporate these types of exercises can go a long way towards running injury free.

The plan: Start with 1 set of 10 repetitions of each exercise. Do them 3 days per week. Over the next 2 to 3 weeks build up to 3 sets of 10 for each. Perform the exercises either after running or on non-running days:

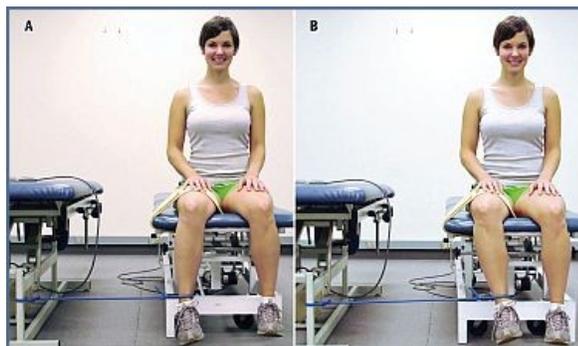
SEATED HIP EXTERNAL ROTATOR

1. Attach a resistance band to the left end of a bench and loop the other end around your right foot.
2. Keeping your knees together, rotate your right leg out for a count of two, then release back down to a count of two.
3. Repeat on the other leg.



SEATED HIP INTERNAL ROTATOR

1. Attach a resistance band to the right end of a bench and loop the other end around your right foot.
2. Keeping your knees slightly apart, rotate your right leg in for a count of two, then release back down to a count of two.
3. Repeat on the other leg.



STANDING HIP FLEXOR

1. Put your right foot in the resistance band and turn so you are facing away from the band's anchor.
2. Keeping your right leg straight, lift it forward to a count of two, then release it back down to a count of two.
3. Repeat on the other leg.



STANDING HIP ABDUCTOR

1. Anchor a resistance band to a stable object.
2. Loop the other end around your right foot so the band crosses in front of you.
3. Standing with your left leg slightly behind you, keep your right leg straight and lift it out to the side. Lift it to a count of two, then release it back down to a count of two.
4. Repeat on the other leg.



Developing strong hips will not only decrease your risk of injury but it will increase your running efficiency, improve your gait and eventually help with improved race times.

Remember, if you continue to experience foot, ankle, knee or hip pain for more than 2 weeks in your running program you are best to seek an assessment. Feel free to contact us at any time with your running injury questions!

