



5 Ways to Get Better Hip Mobility

These simple exercises can help relieve those tight hips so you can run faster, jump higher, and climb stairs easier!

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Hip mobility is critical if you want to enjoy not only strong athletic performance but also a healthy lifestyle. Tight hips can lead to restrained freedom of movement in your legs and your back.

Imagine not being able to jump a hurdle, sprint fast, squat down comfortably, or even climb the stairs! We use our hips all the time, and if you ever struggle with back pain, you'll know that your hips and back are connected.

If you have tight hips, then you'll want put these 5 tips to use so that you can benefit from better hip mobility.

These exercises use a resistance band such as a hip circle band. You can [get more information](#) on these bands here.

1. The hamstrings stretch

Lie down on your back, your feet hip-distance apart on the floor and your knees bent. Loop the resistance band underneath your right foot. Hold the other end of the band in your right hand.



Now gently straighten your right leg as much as you can, while holding onto the band. You should feel it in your hamstrings. Aim to hold your leg here for 30 to 45 seconds, making sure your back and your hips stay on the floor. It's imperative always to [support your lower back](#) when exercising.

If you wish, you can pulse your leg gently while maintaining the stretch. Don't push yourself too hard: you want it to be challenging, not painful.

Repeat the same thing on the other side.

2. The inner thigh stretch

This exercise requires the same position as the hamstrings stretch, so you could do these two exercises one after the other before repeating the sequence on the other side.

Keeping the same position on the floor, with the band in the same place around your right foot, straighten your left leg and let it rest on the ground.

With your right leg as straight as it will go, lower your leg to your right and see how close you can get it to the floor. Keep hold of the band and go gently: you'll feel the stretch along your inner thigh.

As before, make sure both hips stay on the floor as well as your lower back and shoulders. Your leg should be doing all the work.

Hold this position for 45-60 seconds before changing sides.

3. The outer thigh and hip stretch

You need to be in the same position as the previous exercises. This time though, to start with the right leg, you'll hold the other end of the band in your left hand.

Straighten your right leg up in the air as if you wanted to touch the ceiling with your foot. Still holding the band in your left hand, bring that right leg across your body as if you wanted to touch the floor next to your left hip with your right foot.

Make sure your left leg is straight. Keep that left leg, your back, and your shoulders flat on the floor. Extend your right arm straight out onto the floor at shoulder height to help you maintain this position.

You can do gentle pulses with your right leg, aiming to hold this position for 45-60 seconds before changing sides.



4. Hip rotations

Still on the floor, put the band around your right foot and hold the other end in your right hand. Now do gentle, large circles with your right leg while keeping your left leg straight and on the ground. Do about 10 circles and then switch sides.



5. Hip flexor stretch

Lie face down on your mat or on the floor, with your right leg bent so that your foot is close to your glutes. Wrap the resistance band around the bottom (middle) of your right foot.



Gently straighten your right leg as much as you can, working against the resistance of the band.

Repeat for 10 slow reps, then switch sides.

If you enjoy these stretches, you can find more hip flexor stretches [here](#).

Hip mobility takeaway

Whether you are an experienced athlete looking to give yourself a little extra push or the average person dealing with aches and pains, taking your hip mobility seriously can really make a difference in your life.

Enjoy these exercises! Your hips will thank you!