

Hi everyone.

In the last article, we looked at assessing internal and external rotation of the hips and a couple of simple stretches to do.

Hip mobility is integral when it comes to executing a full range of movement in the skating stride. This will result in a loss of power in the stride and limit the ability to get deeper the skating position. Poor hip mobility has also been shown to cause over-activation in the lower spine, which is not designed to rotate or move like the hips do. This is going to put an increased amount of pressure on the lower spine, increasing the risk of lower back injuries.

The stretches shown here, can help with hip flexor and hamstring tightness.

Hip flexor stretch

Stretch a) Assume a kneeling position, placing one foot in front of you and the other foot out behind you. Begin to sink the hip towards the floor, generating a stretch in the front area of the hip.

Flex the front knee to increase the stretch.

Hold for between 10-60 seconds. Switch feet and repeat the stretch.



Stretch b) With the knee on the floor in a lunge position, reach back and grasp the rear foot (you might want to place a pillow under the knee and steady yourself by holding onto something with your free hand). Bring the heel towards the backside, as you do, sink the hip forward and down. The stretch should be felt in the front of the leg and the hip region. If you are unable to reach your foot with your hand, wrap a towel or use a rope around your foot to implement the stretch. Hold for between 10-60 seconds. Switch feet and repeat the stretch



Hamstring stretches

Stretch a)

Place one foot on a chair or low bench. Keeping the hips and shoulders aligned, lean the torso towards the extended leg creating a stretch in the hamstrings. Leaning forward from the hips rather than just flexing the upper torso will generate stretch in the hamstrings and not just the back. Hold for between 10-60 seconds. Switch legs and repeat the stretch.



Stretch b)

Lying on the floor, place a towel, rope or stretching band under one foot and raise the leg. Pull the leg towards your chest creating a stretch in the rear of the upper leg. Hold for between 10-60 seconds.

Switch legs and repeat the stretch.



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