

Hello everyone.

Continuing on from the last article, as important as hip mobility is for skating, just as important is the need for hip strength and stability.

Poor strength and stability will bring about limitations to both hold the skating position and create and transfer power to the ice.

Similar to poor mobility in the hips, poor strength and stability can be closely linked to excessive periods of sitting that doesn't require activation of the hip muscles.

Improving strength and stability of the hip muscles can be achieved using a variety of exercises either with weights, resistance bands or your own body weight.

Here are several simple exercises, which are effective in activating the hip muscles for improved strength and stability.

Crab walk with mini resistance band

The crab walk exercise targets the muscles of the hips and glutes.

Place the resistance band around your ankles or knees. Maintaining a neutral spine, position, engage your lower abdominals and flex your knees.

Keeping the feet facing parallel to each other, take a large lateral step. Maintaining tension in the resistance band, lift the other foot and complete the step cycle.

Moving in the same direction, repeat the sequence for the required repetitions, then repeat the exercise in the other direction. Begin with 3 x 12-20 reps in each direction.



Clamshell with mini resistance band

The clamshell with mini resistance band exercise targets the external hip rotator and gluteal muscles.

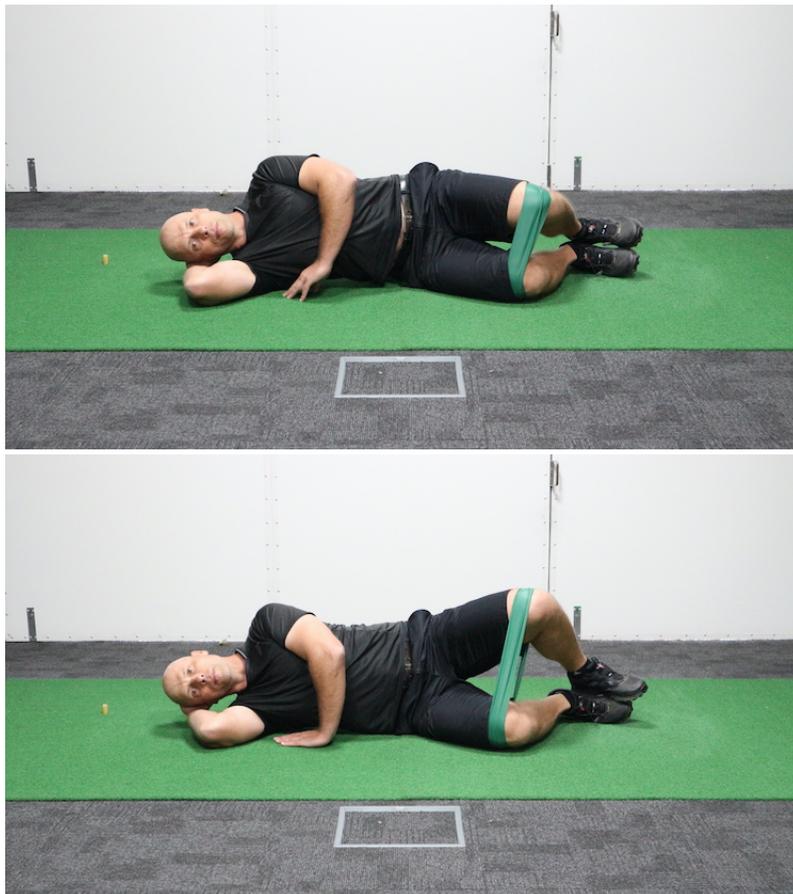
The addition of the resistance band provides an added challenge for strength and control of the muscles involved.

Place the resistance band around the knees and move into a side-lying position. Flex the hips to approximately 135-degrees and the knees to 90-degrees. Support the neck on the lower arm and place the other arm on the top of hip.

With the heels touching each other, raise the mid-section of the torso to straighten the spine and engage the deep abdominals to support the spine. Maintaining this position, with control raise the top knee and rotate the top hip outwards.

Externally rotate the hip to its maximum point without moving the pelvis contracting the gluteus muscles at the top position.

With control, return to starting position and repeat the movement for the required number of repetitions. Then repeat the sequence on the other side. Begin with 3 x 12-20 reps per side.

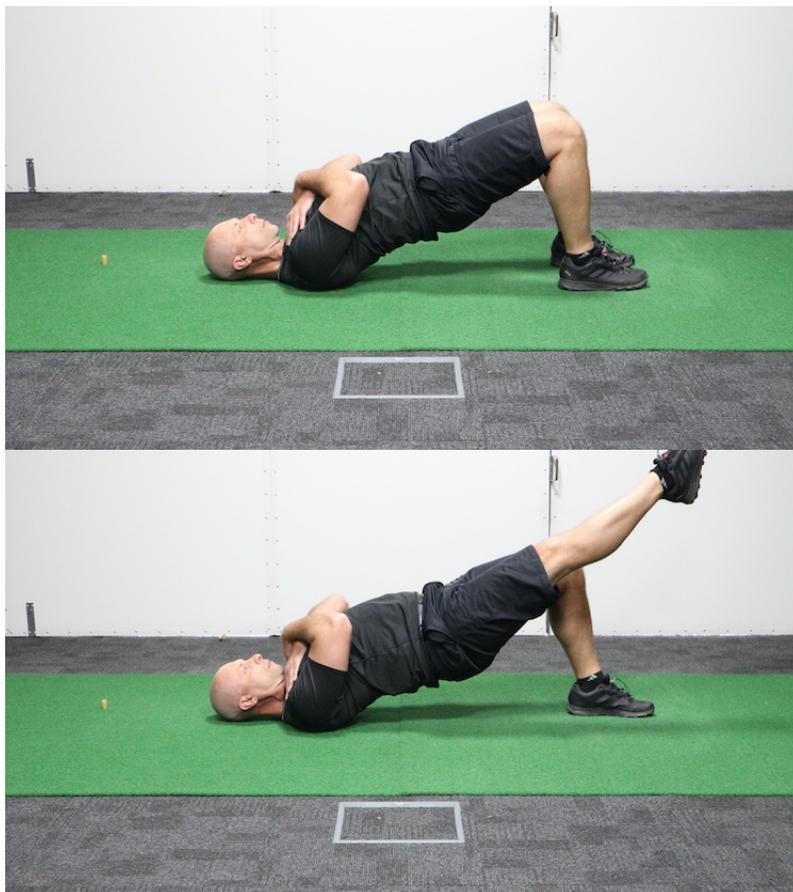


Single Leg Glute Bridge Hold

The single leg glute bridge hold exercise targets hip extensor and core stability muscles. Lie on the floor on your back, flex your knees to 90-degrees and place the hands on the opposite shoulder.

The feet and knees should be in line with the hips and the lower abdominals engaged. Keeping the hips even to the floor, push through the heel and raise the hips up using the gluteal muscles. Keeping one foot flat on the floor, raise the other foot and extend the knee. Aim to maintain the hips and torso in the same position as you suspend the leg in midair. Hold the position for a moment (count of 5) and with control lower, return the foot to the floor. If needed, reset the hips and when ready raise the other foot. Hold this position for a moment and with control lower, return the foot to the floor.

Repeat the movement for the required repetitions. Begin with 3 x 8-12 reps per side.



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