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# Examining Hip Fitness

Marilou Ruiz

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# Primary Focus?



Examine Hip Flexors and Extensors



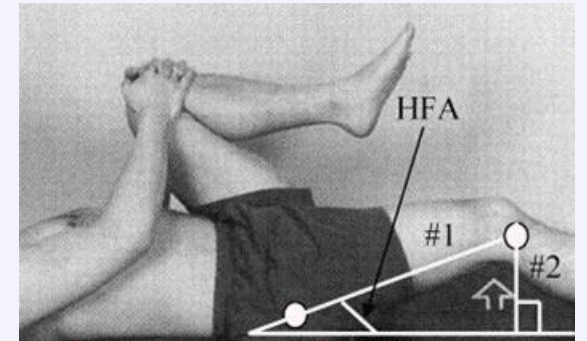
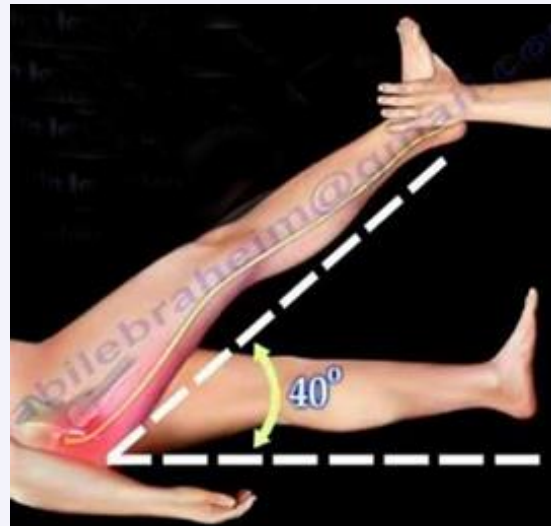
Target muscle groups that can improve strength, mobility, or flexibility in the lower body



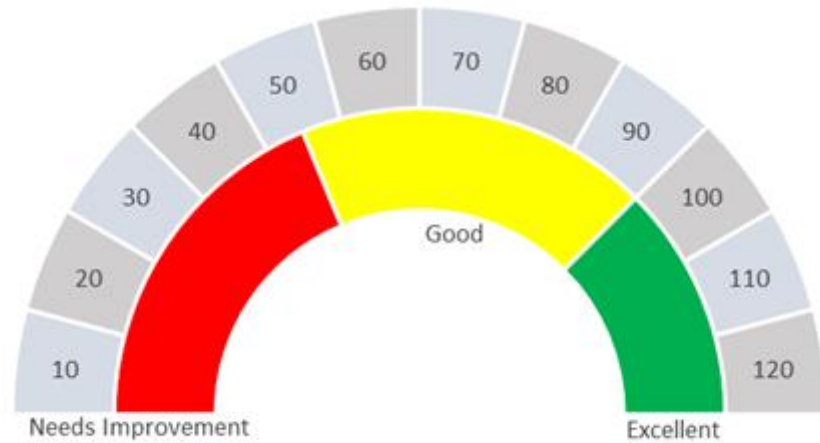
List exercises that can help make these improvements

# Testing Methods

- Hip Flexor Hold Test
- Straight Leg Raise Test
- Butterfly Pose Measurement
- Thomas Test Evaluation



Straight Leg Raise (° in Flexion)



Testing Tightness in Hip Extensors

Flexor Hold Endurance Test (in seconds)

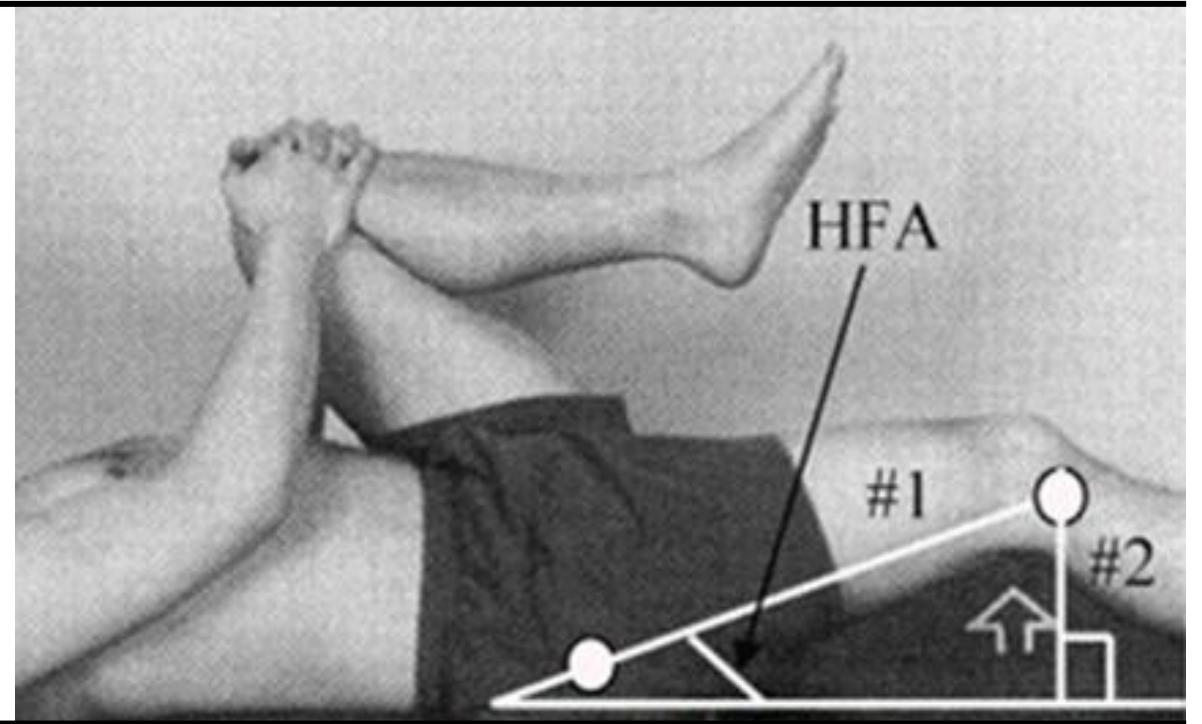
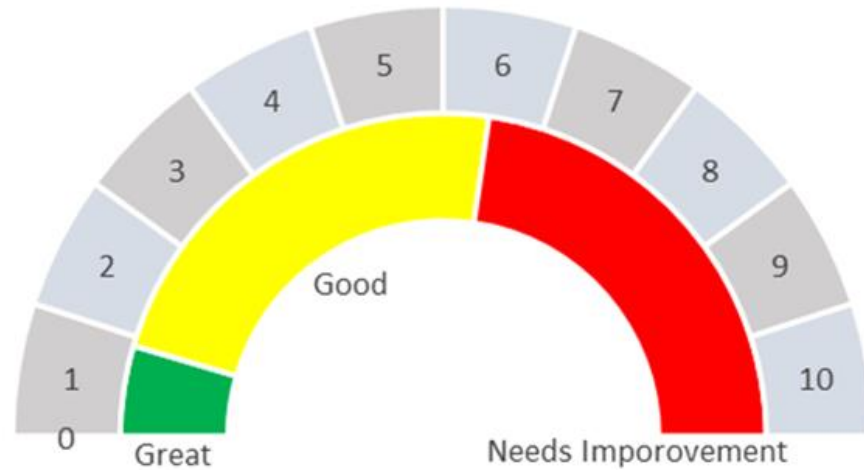


Testing Strength + Balance in Hip Flexors

# Benchmarks

- Showcases marks subjects should try to reach.
- \*With age, muscle groups may have a more limited range of motion\*

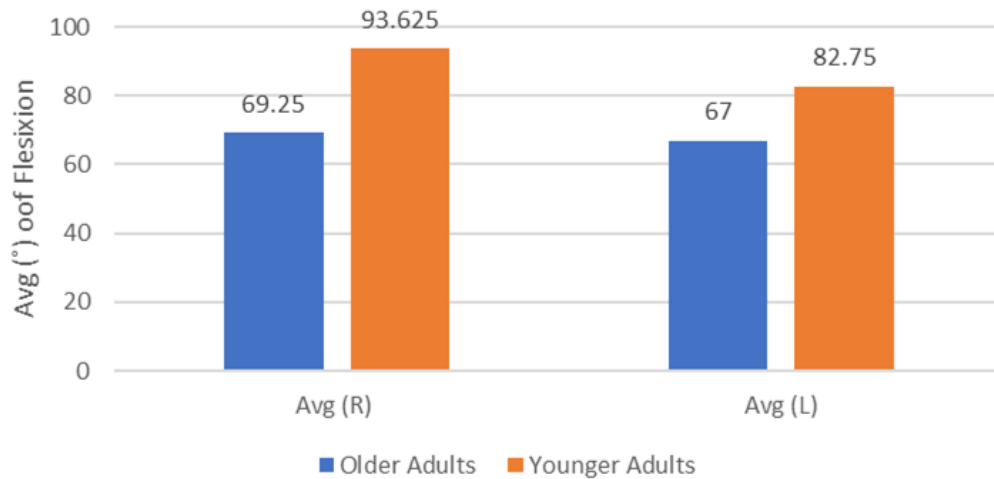
## Thomas Test ( $^{\circ}$ in Elevation)



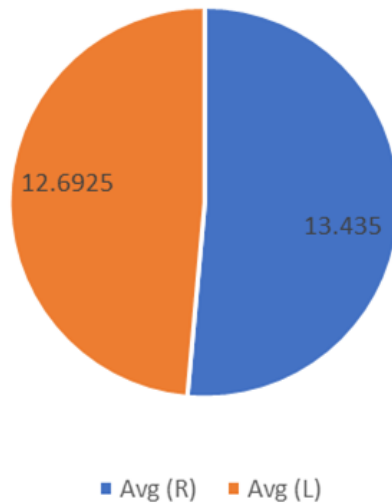
- Measures tightness in hip flexors
- Ideally have 0 degrees in elevation
- The greater the measurement, the greater amount of tightness existing

### Straight Leg Raise

Avg Degree in Flexion Between Age Groups



F.H Endurance Test Total Avg Time (s)

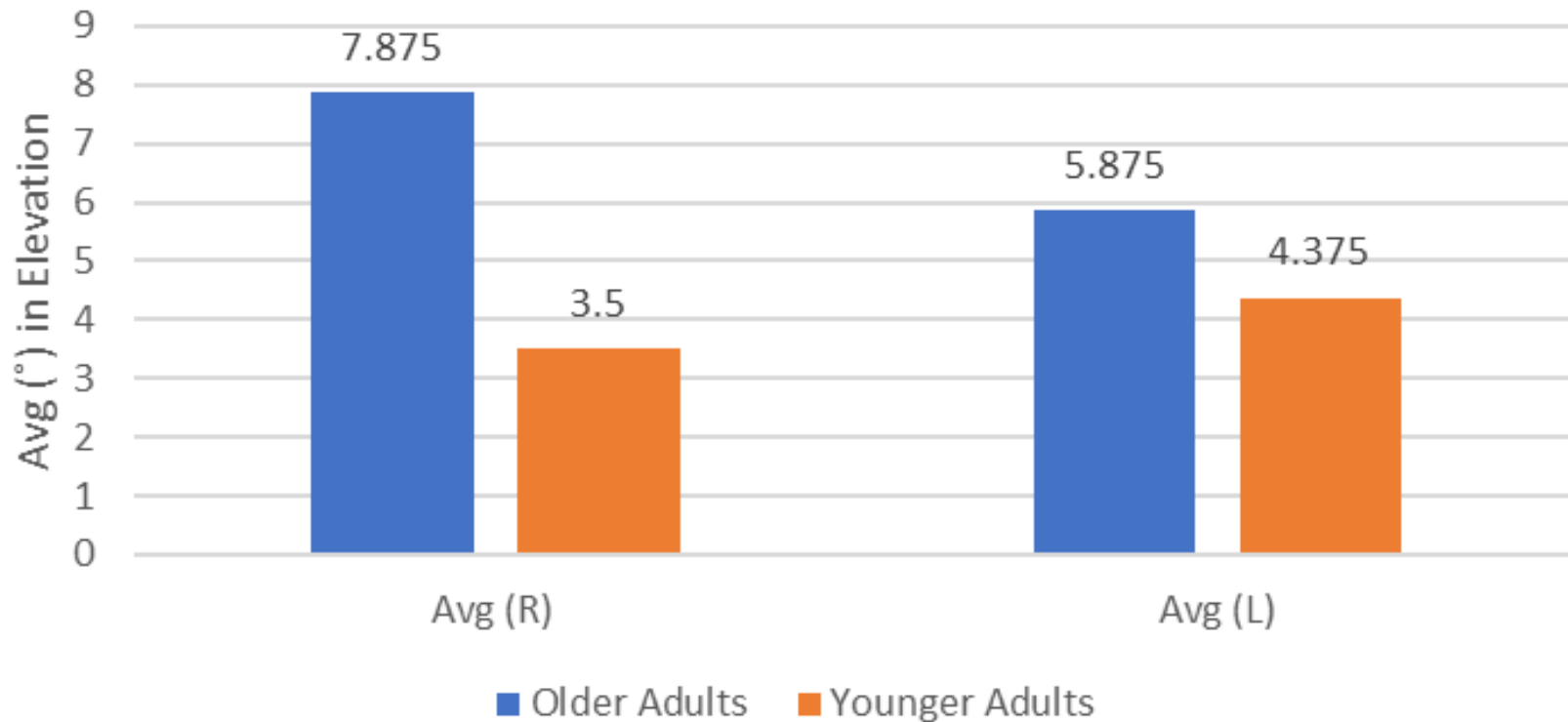


## Results

- Older Adults Avg Flexion < Younger Adults
- In both age groups, the right leg can raise greater than the left leg
- Accounts for unsupported hip flexor hold
- Optimum Goal = 20 seconds
- Standard Goal = 10 seconds
- Right Leg recorded greater time than left leg
- Means that opposite leg (which is not raised) has more balance
- Accounts for both age groups

## Thomas Test

### Avg Degree in Elevation Between Age Groups



- Want a smaller number
- Older Adults have tighter Hip Flexors in Right leg
- Younger Adults have tighter Hip Flexors in Left leg

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# Why is this important ?

- Lower body muscle groups are used during walking, standing from sitting positions, and daily activities
- Know what could use some improvement
- “Use it or lose it”
- Maintaining or improving strength helps you later down the road.





Kneeling Hip Flexor Stretch



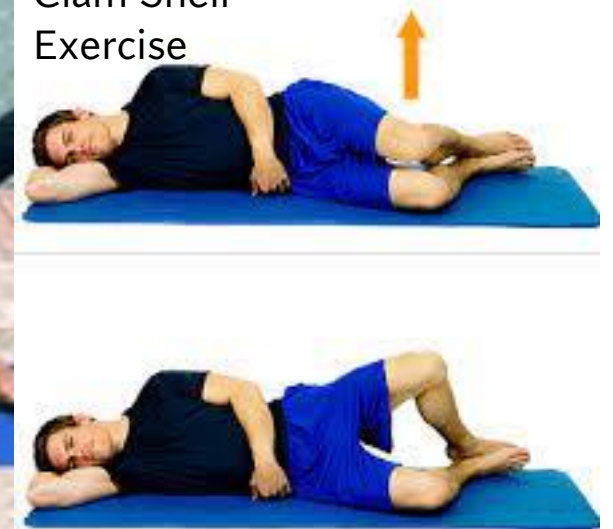
Balance Exercises



Yoga



Clam Shell Exercise



# What can we change or improve?

- Stay active
- Yoga
- Hip Specific Targeted Exercise
  - Banded Knee Extension
  - Kneeling Hip Flexor Stretch
  - Clam shell exercise
- Balance exercises + Mobility