



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

# HIP MOBILITY

This warm-up includes movements that can create a pinch or pain if the hip is not healthy. Please pay attention that these movements should not hurt.

If any of these do cause any symptoms or pinching of any kind:  
**STOP IMMEDIATELY.** Reach out to your local clinician.

These exercises may be done in any order and do not  
need to be done all together.



CLICK ON EACH EXERCISE FOR VIDEO  
DEMONSTRATING EACH MOVEMENT

90/90 Hip Mobility

External Hip PAILS & RAILS

Hip Extension

Frog Sit

Side-Line CARs

Isometric Pause Squats



ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.

These exercises and videos are not meant for the purposes of diagnosing, examining or treating medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.

If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement from any and all claims or causes of action, known or unknown.