



AquaBodies

HIP EXERCISES

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Healthy Hips Exercises

We'll be getting the hips moving in the 6 Essential Motions for function. That breaks down to 2 directions of movement in the 3 'planes' of motion the body is designed to move in. That also means that each muscle, bone, joint and connective tissues are designed to move in those essential 6 as well. Then, in more advanced movements, we take you through the directions in-between the essential 6, where we have combinations or 'hybrids' of movements for even more variety which means more performance.

This simple series of movements can be done anywhere, at any time. This is a wonderful way to get your day going as the first thing you do when you get out of bed. It can be done throughout the day to maintain and increase mobility for instance after sitting for long periods, or while warming up at the golf course, in the airplane aisle, the gas station pump on a long road trip, poolside getting ready for your swim, in line at Costco....It's a quick hip fix that gets you ready for anything.



AQUABODIES: HIP EXERCISES

AQUABODIES:HEALTHY HIPS EXERCISES



Guidelines for comfort and safety:

- Maintain holding onto a solid anchor if you feel wobbly at first, or if the balance is compromised. After repeating these exercises, your body will become more familiar and balance can improve!
- Keep a relaxed upper body, place hands on your hips and let the eyes follow your hips.
- Feet should be relaxed on the floor so as the hips move, the feet can follow and experience the essential 6.
- Knees must be softly bent so they too can follow the hips while they move in the essential 6.
- Moving hips means the pelvis. Your target area is right where the leg meets the torso. NOT the top of the pelvis, closer to your waistline. The area above the pelvis, the lower back, should not be 'arching', 'hiking' or 'rounding'.
- DO NOT push through pain! If you are experiencing pain anywhere while doing these then contact me and let's work together safely and get moving where you are pain-free!

ESSENTIAL 6 MOVES

#1 Hip Width ~ Standing with feet approx. your hip width.

Perform each motion about 3 to 4 times in each direction

Side to Side

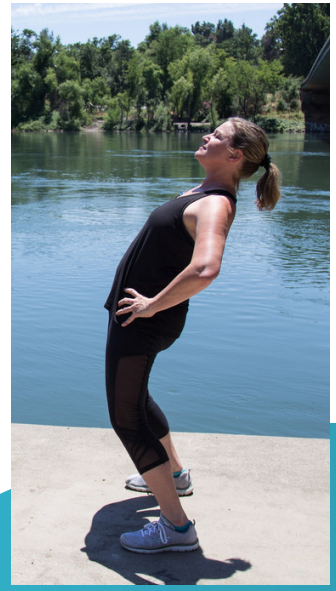
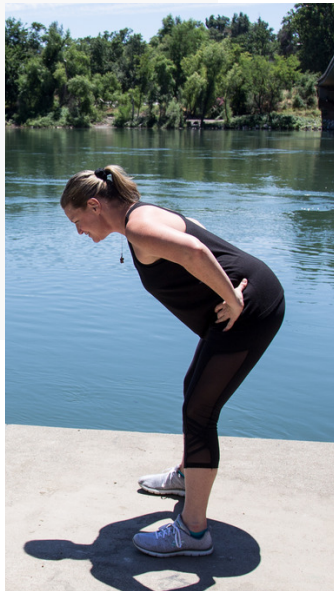
Start by moving your hips to the left and to the right. Keeping spine straight from top of head to base of pelvis. Avoid 'hiking' the hips up toward the armpits.

Front to Back

Now take hips out towards the front of the body and towards the back without rounding or arching.

Rotation Right & Left

Easy rotation to the left, like you're looking over your shoulder. Let eyes follow the hips. Keep knees soft.



ESSENTIAL 6 MOVES

#2 Widest Stance ~ Feet are 16- 24 inches or more apart depending on your size, flexibility and balance. Repeat the series of motions and feel the stretch taking place.

Side to Side

Front to Back

Rotation Right &Left



#3 Narrow Stance ~ Feet positioned as close together as you can. Repeat each movement with SOFT knees!
Side to Side
Front to Back
Rotation Right &Left

GET HELP NOW WITH:

Chronic Pain

Balance

FibroMyalsia

NeuroMuscular Issues

Orthopedic issues

Endurance

Strength and Conditioning

Sports Performance

Weightloss

Activities of Daily Living

MEET KATHLEEN

As a Redding local, born and raised, I am back in the area providing personalized therapeutic aquatic and land practices specializing in overall functional rehabilitation, fitness, wellness, pain relief, myofascial release, neuro-motor skills, water safety and stroke technique. Water is a modality that enhances our physical, mental and spiritual wellbeing. Using water to help people feel better has been my passion for over twenty years professionally. I have spent my whole life, and will continue to center my life around loving water and it's healing qualities.

Kathleen holds multiple certifications in many areas of specialized training. Her interest for over 20+ years has been helping people move better and feel better to ultimately live better. Her passion for aquatic therapy & rehab, combined with her extensive training and expertise in Applied Functional Science® from the Gray Institute® has driven Kathleen to develop the unique Authentic Movement Programming® which delivers safe, creative & effective results.

Kathleen Cowling

Fellow fo Applied Functional Science (FAFS), Gray Institute®

Aquatic Therapy and Rehabilitation (ATRI)

Functional Manual REaction (FMR)

Aquatic Exercise Association (AEA)

AquaStretch Practitioner

AquaLogix Instructor Trainer

