

INCREASE HIP MOBILITY

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Hip mobility is the cornerstone of Karate. In my studies, I have noted that the ability to move the hips especially in the kicking Katas are very important in proper execution of the movement.

For the purposes of this assignment, I will illustrate my physical health has impacted my hip mobility. In 2006, I was diagnosed with osteoarthritis. This condition is a degenerative disease that unfortunately worsens over time. The cartilage that cushions the ends of the bones at the joint gradually deteriorates. Joint motion will disappear without this cartilage.

This results in some of the following symptoms: joint pain on or after movement, tenderness, stiffness, loss of flexibility, and range of motion. After a period of treatment, I underwent total hip replacement, on the 2007 left and 2009 right hip, and in 2011 a revision of the right hip.

My rehabilitation, has been challenging however there are exercises that I am using to improve my ability and movement. These are exercises that focus on the hip flexors. (Iliacus and psoas, or iliopsoas, the rector femoris which is part of the quadriceps.

Hip pain has been of late an issue for me and my Karate practices. An article in EVERYDAY HEALTH by Marie Suszynskie, and Dr. Christine W. Craig. EXERCISES FOR HIP PAIN, cites that increase strength can reduce hip pain and retrain key muscles.

The following exercises focus on these hip flexors,'

THE BRIDGE:

(Can also use a stability ball)

- A. Lift your hips off the floor toward the ceiling until you are in a "plank" position.
- B. Shoulders on the floor, hips and knees at the same height.
- C. Raise your left leg up toward the ceiling, hold to count to of 10
- D. Return hips to floor for 5 secs and repeat the exercise on the alternate leg.
- E. Total of 10 reps x 3 sets

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There are variations of THE BRIDGE, which result in the same impact.

The following exercises can be done on a daily basis. Start with the first exercise and work up to the other variations. These movements are designed to be relaxing, not strenuous.

- Lie on your back with your knees bent and your feet flat on the floor. Squeeze your gluteal muscles by tightening the cheeks of your buttocks. Hold for five seconds and then release, being sure to breathe while you do it. Work up to 30 repetitions per session.
- Lie on your back with your knees bent and your feet flat on the floor. Tighten the muscles in your buttocks, then lift your hips off the ground and hold for about five seconds before slowly lowering yourself back down. Be sure to breathe throughout the exercise. As with the first exercise, you can work up to doing 30 repetitions, resting for a few seconds (or longer) between each. "If you start to get tired, stop and rest for a couple of minutes," Pariser says.
- Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttocks and lift your hips off the floor. Tighten your abdominal muscles and lift one foot a couple of inches off the floor. Then put it down and lift the other foot a couple of inches, all while remembering to breathe.

<https://www.everydayhealth.com/hip-pain/hip-pain-exercises.aspx>

The next form of exercise is myofascial release which is a form of manual therapy devised by a physical therapist John F. Barnes to address localized tightness in the fascia that is causing pain. The theory being restricted blood flow causes pain. Myofascial trigger points that are sore or tender areas, harden muscle that may produce pain.

Myofascial release is often performed with foam rollers, however it can be quite effective with a tennis ball. In my case, I would apply the tennis ball to quads, and gluts, with passive and active release. The most important concept is to locate the area, soften your body, breath and stay for an amount of time.

There is a great video on YouTube that illustrates this the use of tennis balls and myofascial release.

<https://www.youtube.com/watch?v=wdP0aSY-uAw>

1. Aug 16, 2012 - Uploaded by Vanessa Uybarreta

Finally, another exercise that addresses hip mobility, was actually illustrated by Sensei Pat McGale during the seminar in September, 2017.

Lay on yours side, knees up to chest, extend leg in air, slant foot, with heel extended to the ceiling. Or lay on side knees to chest, extend leg, but keeping the “knee to the face” Position is like a “CLAM”.

This very effective in strengthening the hip flexors, quads and gluteus muscles.

https://www.youtube.com/playlist?list=PL9jWT5WL4chpCkSJ7rbZzg9BDG_9wU1Zu

Video 2219

All of these exercises, in some form, contribute to my ability to be an active student of Karate. I still have challenges with kicking, but in time my goal is to improve my kicking ability. In 09/2018, will be my last hip surgery. My surgeon, is going to replace the metal in my left hip with plastic, which will have a positive impact on my body.

I will be able to utilize these exercises in what I plan to be a speedy recovery, and a return to my Karate life style.