
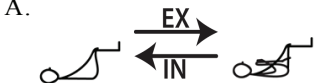
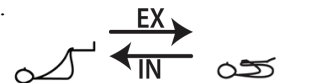
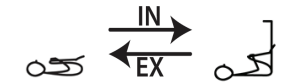
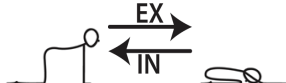
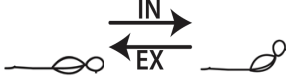

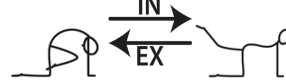
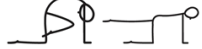
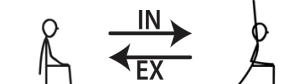

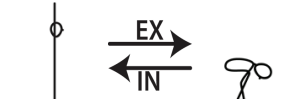



Hip Assessment Worksheet

Before attempting any corrections, we need to understand the asymmetries and imbalances we have in the hips.
Repeat each pose 4x unless otherwise noted.

YOUR NOTES

1.		Position of the pelvis, position of the legs	Is one hip higher/lower off the ground, closer/further away from the shoulder?
2.	A.  B. 	Hip flexion	Is the trajectory of movement of one hip different from the other?
3.		Hamstring flexibility, adduction/abduction, rotation	Does one leg feel tighter than the other? Are the legs/feet parallel when extended?
4.		Hip/knee/ankle alignment	Where are the feet in relation to the knees, are they parallel?
5.	 Hold 4br 	Position of the pelvis	Are the hips equally grounded?
6.	Rest  Hold 4br each 	Relationship between the glutes and hip flexors	Does the movement feel smooth on both sides? Is it harder to hold one leg than the other?
7.	 Hold 4br 	Hip flexor tightness Leg strength	Do the the hip flexors on one side feel tighter? Does one leg feel weaker/stronger?
8.		Hip/knee/ankle alignment	Does the weight feel even on both feet? Do the knees move in/out when you squat?
9.	 Bend R knee, drop R hip; Bend L knee, drop L hip	Hip mobility, QL tightness	Which hip drops easier?

Hip Assessment Worksheet

YOUR NOTES

10.		QL/oblique strength/tightness	Is it easier to bend to one side then the other?
11.		Hip abduction and external rotation	Does the weight feel even on both feet? Is there any difference in the hips when the knees move out?
12.	<p>Hold 6br</p> <p>Hold 6br</p>	Abductor strength/tightness	Is it difficult to hold the leg up? Does one side feel tighter then the other?
13.		Hip flexion	Does the movement feel smooth and even on both sides?
14.	<p>Hold 6br</p> <p>Rest</p>	Hip flexors strength	Can you hold the leg up for 6 counts? Does one side feel stronger?
15.	<p>Move in for 30sec</p>	Inner thigh strength and flexibility	Are the legs moving with the same speed? Is it easier on one side then the other?
16.	<p>Hold 4br</p> <p>Rest</p>	Buttock/leg strength	Does the weight feel even on both feet? Is the pelvis parallel to the ground?
17.		3-5 minutes	To rest and relax the lower back and hip flexors

CONCLUSIONS