

**water<sup>in</sup>motion<sup>®</sup>**  
The new wave in aqua exercise

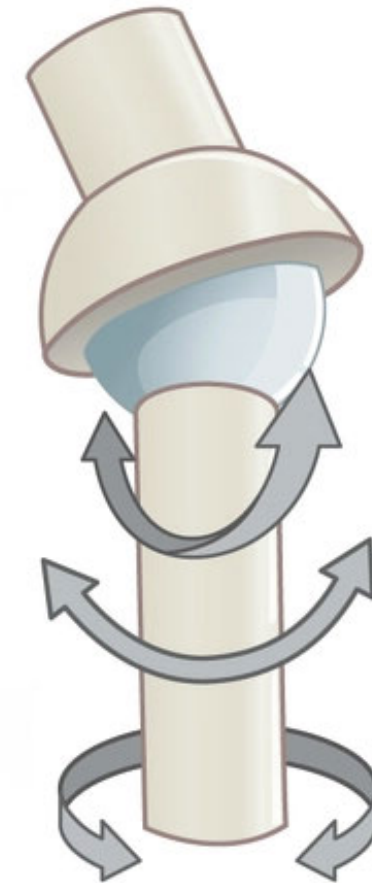
# HAPPY HIPS



[www.waterinmotion.com](http://www.waterinmotion.com)

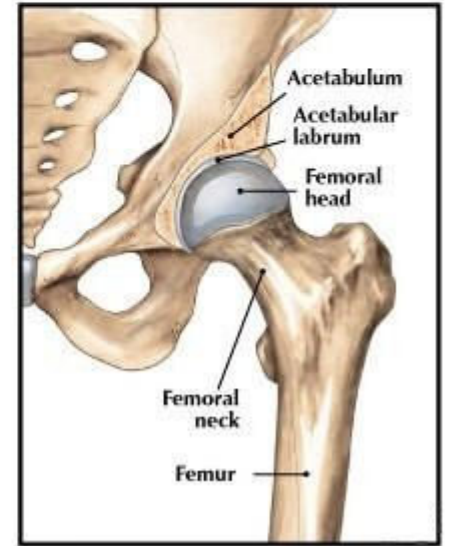
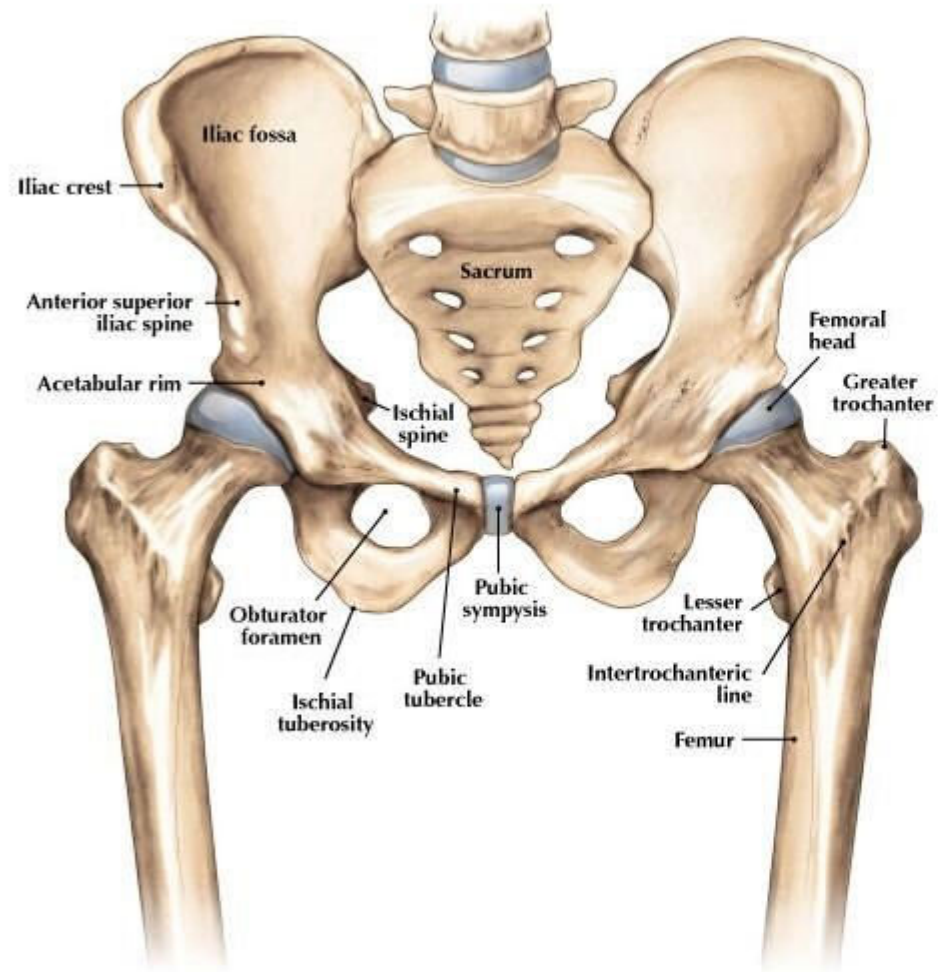
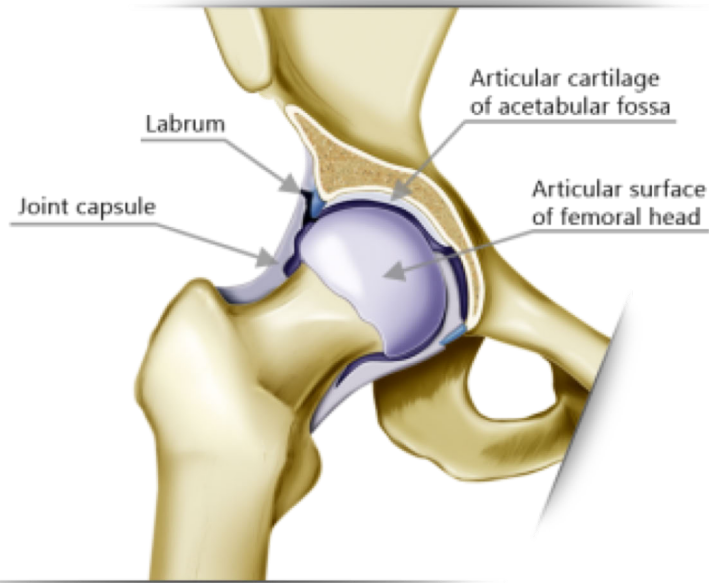
# Key Considerations

- ▶ The hip is a ball & socket joint (like shoulder)
- ▶ Very mobile, lots of connections!
- ▶ Increase the mobility of the hips to protect the back and knees
- ▶ Increase the flexibility hip flexors and buttocks to protect the hips
- ▶ Work on rotations for mobility
- ▶ Work on strength to increase cushion



# Hips

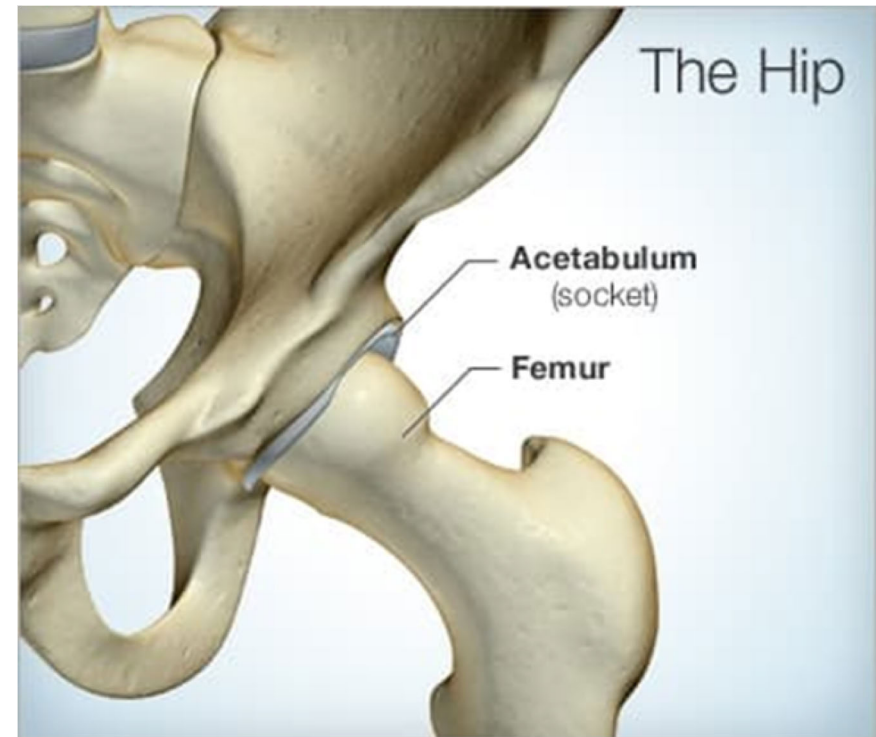
## ANATOMY OF THE HIP





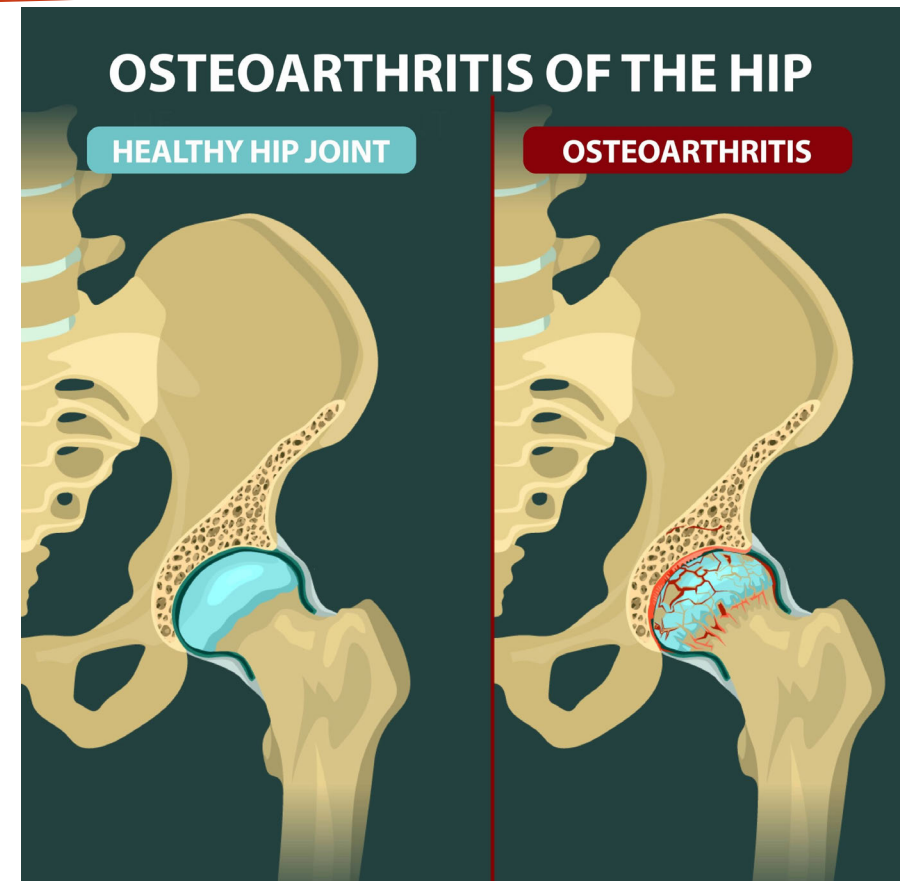
# Symptoms of Hip Pain

- ▶ Depending on the condition that's causing your hip pain, you might feel the discomfort in your:
  - ▶ Thigh
  - ▶ Inside of the hip joint
  - ▶ Groin
  - ▶ Outside of the hip joint
  - ▶ Buttocks
  - ▶ Back



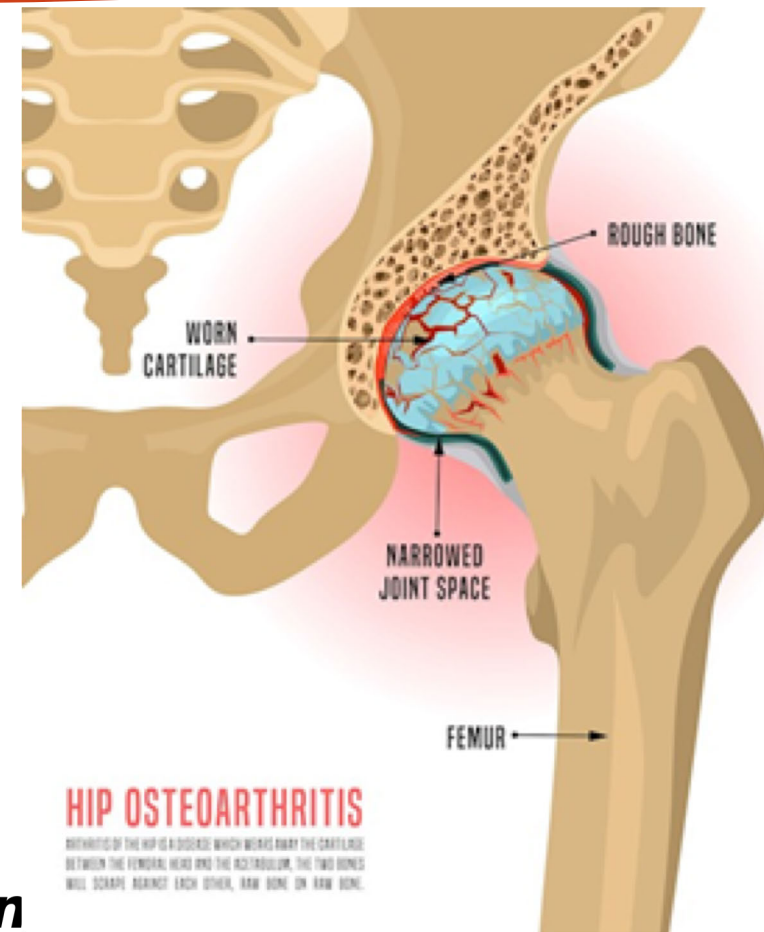
# Arthritis, osteoarthritis, & Rheumatoid arthritis

- ▶ Most common cause of hip pain
- ▶ Inflammation of the hip joint
- ▶ Breakdown of cartilage that cushions the hip
- ▶ Stiffness & reduced range of motion



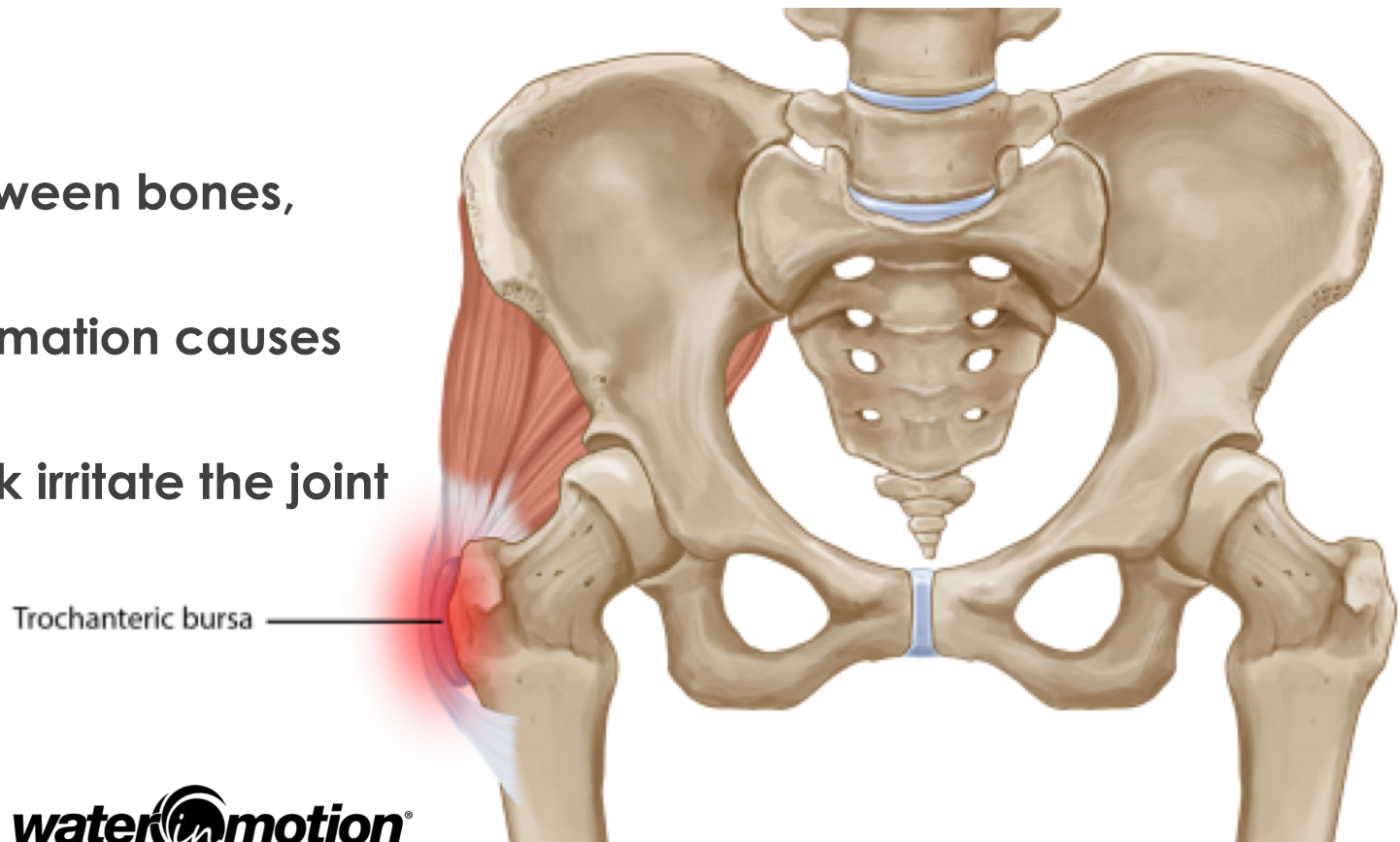
# Symptoms of arthritis

- ▶ Pain
- ▶ Stiffness
- ▶ Swelling
- ▶ Redness
- ▶ Decreased range of motion
- ▶ Obesity is #1 cause of arthritis



# More Causes of Hip Pain

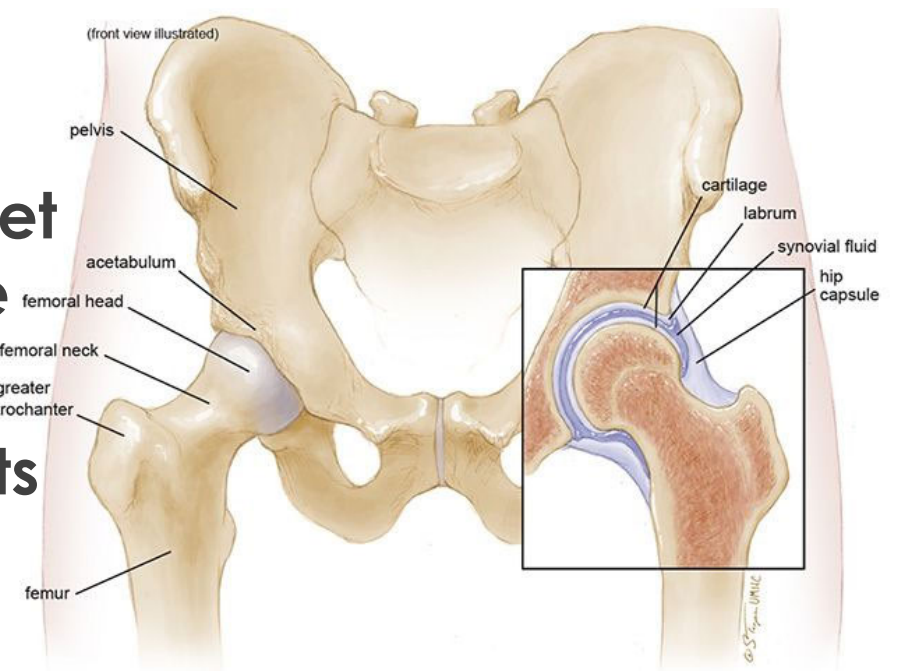
- ▶ Fractures (falls)
- ▶ Bursitis
  - ▶ Bursa = sacs of liquid found between bones, muscle, & tendons
  - ▶ Bursa eases the friction – inflammation causes pain
  - ▶ Repetitive exercises or overwork irritate the joint
- ▶ Tendinitis
  - ▶ Attach bones to muscles
  - ▶ Repetitive stress from overuse
- ▶ Muscle or Tendon Strain





# Additional Causes of Hip Pain

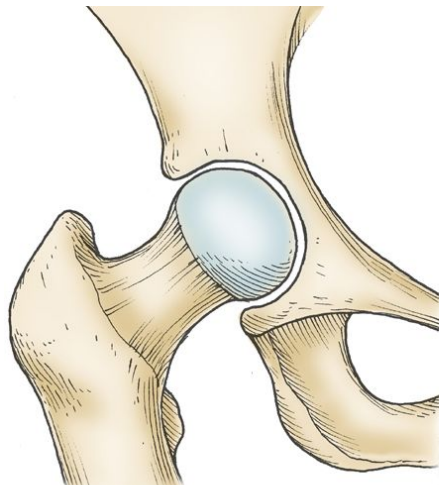
- ▶ Hip or labral tear
  - ▶ Rip in the ring of cartilage (labrum) that follows the outside rim of the socket of your hip
  - ▶ Cushions hip & acts like a rubber seal/gasket to hold the ball at the top of your thighbone securely within your hip socket
  - ▶ Mostly from repetitive twisting/rotating sports (golf, soccer, hockey, ballet...)



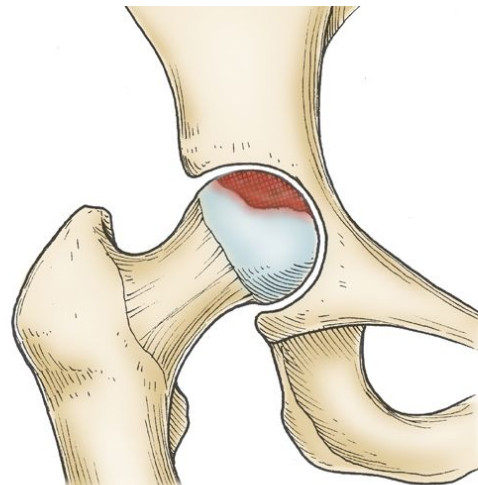


# Additional Causes of Hip Pain

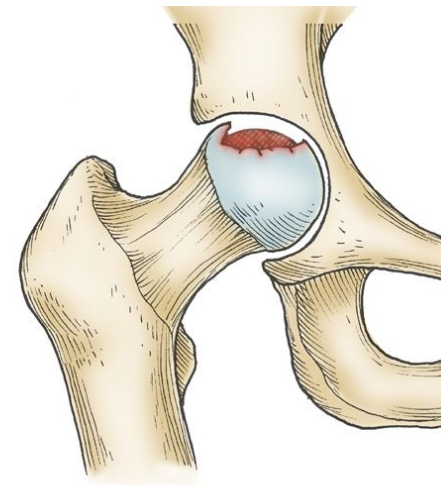
- ▶ **Osteonecrosis**
  - ▶ Blood flow to the hip bone slows & bone dies
  - ▶ Can be cause by hip fracture
  - ▶ Or Dislocation, steroids (prednisone)



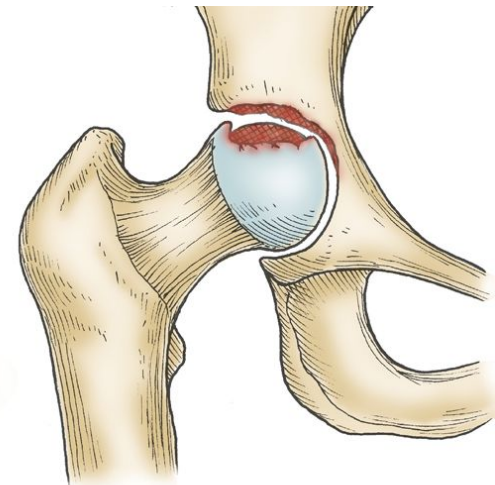
Stage I



Stage II



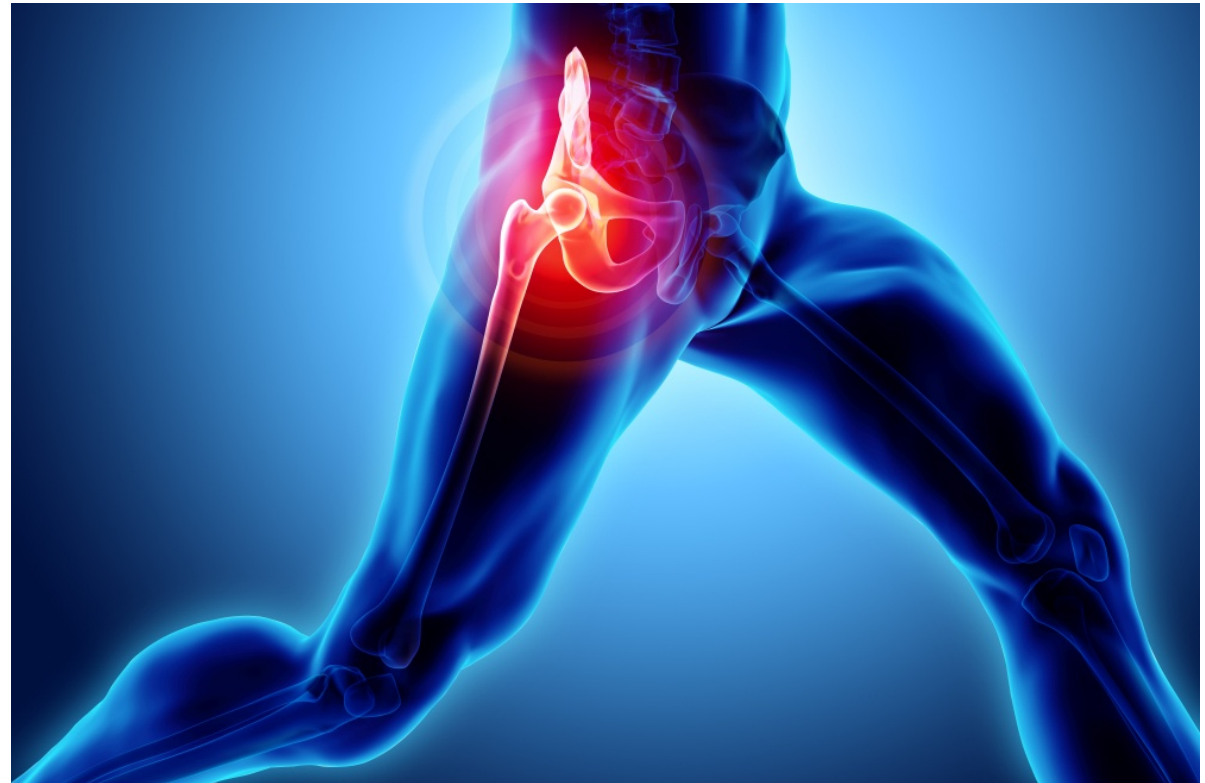
Stage III



Stage IV

# Signs and symptoms

- Redness
- Swelling
- Limited range of motion
- Pain
- Weakness or instability



# How does water Help Your Hips?

- ▶ Support
- ▶ Strengthen
- ▶ Flexibility
- ▶ Recovery





# Support

- ▶ Buoyancy – Less Impact
- ▶ 12 Times the resistance of air
- ▶ Slower Moves
- ▶ 70% of the body submerged
  - ▶ Reduce 30-50% of body weight on joints



# Strengthen

- ▶ Increase strength
- ▶ Improve muscular endurance
- ▶ Prevents overtraining as compared to land-based exercises
- ▶ Anchored moves
- ▶ Suspension moves
- ▶ Multi-directional resistance
  - ▶ Supports while strengthening





# Strengthening Exercises

## ▶ JUMPS

- ▶ Skis
- ▶ Jumping jacks

## ▶ ANCHORED KICKS

- ▶ Front, Side, Back
- ▶ Hamstrings Curls
- ▶ Knee Extensions
- ▶ Slides

## ▶ SUSPENSIONS

- ▶ Jacks
- ▶ Skis
- ▶ Curls





# Equipment

- ▶ Inexpensive
- ▶ Light – Transports easily
- ▶ Readily available
- ▶ Unnecessary



# Flexibility

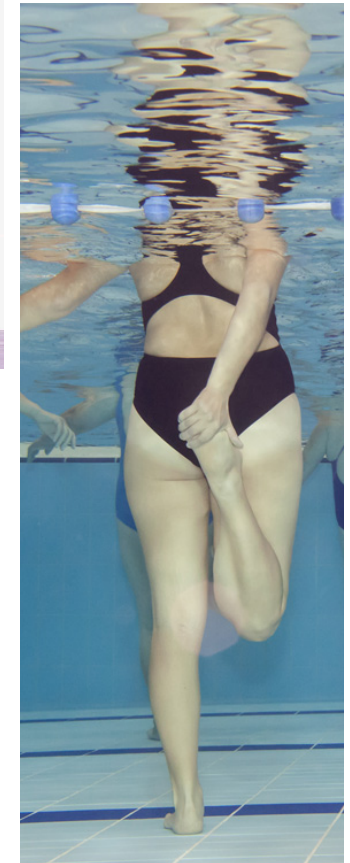
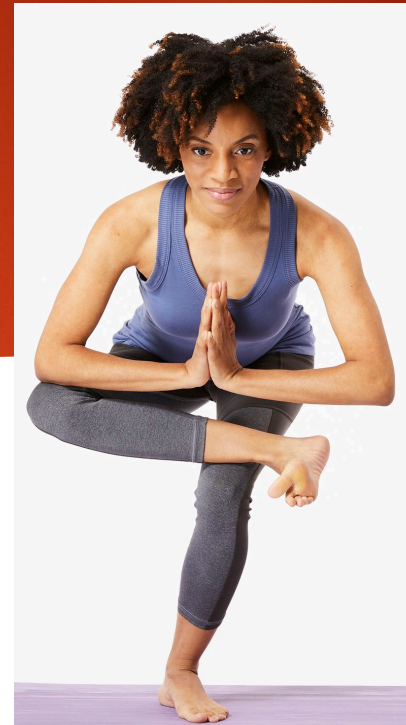
- ▶ Range of Motion
- ▶ Active
  - ▶ Kicks (Front, Back, Side-Karate)
  - ▶ Skis
  - ▶ Suspension
- ▶ Passive
  - ▶ Flotation
  - ▶ Manual





# Exercises for Flexibility

- ▶ Figure 4
- ▶ Posterior Flexion
- ▶ Front Extension
  - ▶ Hamstrings
- ▶ Side Leans





# Recovery

- ▶ Relaxation
- ▶ Flotation
  - ▶ Wall
  - ▶ Suspend/Float
- ▶ Hydrostatic Pressure
- ▶ Cooling affect
  - ▶ Anti-inflammatory



# Recovery Poses

- ▶ Flotation
- ▶ Breath
- ▶ Suspension
- ▶ Relaxation





**water<sup>in</sup>motion<sup>®</sup>**  
The new wave in aqua exercise

# HAPPY HIPS



[www.waterinmotion.com](http://www.waterinmotion.com)