
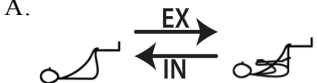
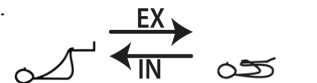
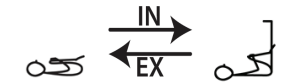
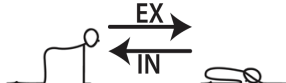
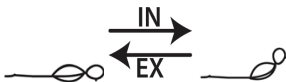




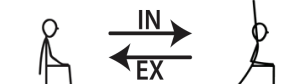

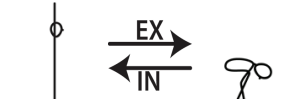



Hip Assessment Worksheet

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?	