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specially designed programs that keep
you from suffering common hip issues
(such as groin strain and arthritis) and
prepare the body for everything from
daily tasks to high-risk sports (such as
biking, soccer, jogging and skiing).
Follow the approach in this book and
you'll be able to quickly get back to
being pain free—and stay there.

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The hip rotation stretch, also known as
the figure-four stretch or piriformis
stretch, is a great exercise to keep your
hips rotating freely in their full range of
motion. Sit on the floor with your knee
out straight. Cross one leg over the other
by placing your ankle on top of your

knee (as if crossing your legs while sitting).

Exercises to Keep Your Hips Strong and Mobile

These exercises can correct imbalances by stretching and strengthening tight muscles. 11. Donkey kicks. Do this exercise to tone and strengthen your hips and glutes. Instructions:

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