

Sitting Assisted Hip Lift promotes opposite hip stabilization through the rotation of the femur rotation.

The Sitting Assisted Hip Lift is a therapeutic exercise commonly used in physical therapy and rehabilitation settings to address musculoskeletal conditions affecting the hips and lower extremities. It focuses on promoting stability and strength in the hip joint by engaging specific muscles and encouraging proper movement patterns.

Here's how the exercise works and how it can be beneficial in treating musculoskeletal diseases:

- **Starting Position:** The individual sits on a stable surface such as a chair or bench with both feet flat on the ground and knees bent at a comfortable angle. The spine is kept in a neutral position, and the shoulders are relaxed.
- **Execution:** The individual begins by activating the core muscles to stabilize the trunk. Then, while maintaining a stable pelvis and spine, they perform a controlled movement of the hip joint. This involves lifting one foot off the ground while keeping the knee bent at a 90-degree angle.
- **Opposite Hip Stabilization:** As the individual lifts one foot, the opposite hip is engaged to stabilize the pelvis and maintain balance. This stabilization occurs through the rotation of the femur, which helps activate the muscles surrounding the hip joint, including the hip abductors, external rotators, and gluteal muscles.
- **Muscle Activation:** The rotation of the femur during the exercise targets specific muscles that play a crucial role in hip stability and function. These muscles include the gluteus medius, gluteus minimus, piriformis, and other hip external rotators. By strengthening these muscles, the exercise helps improve overall hip stability and reduces the risk of musculoskeletal injuries and imbalances.
- **Functional Benefits:** The Sitting Assisted Hip Lift not only targets specific muscles but also encourages proper movement patterns that are essential for activities of daily living and functional tasks. By promoting hip stability and proper biomechanics, the exercise can help individuals with musculoskeletal diseases such as hip osteoarthritis, hip labral tears, and hip impingement syndrome improve their mobility, reduce pain, and enhance overall function.

In summary, the Sitting Assisted Hip Lift is an effective therapeutic exercise for promoting hip stability and strengthening muscles involved in hip function. By incorporating femur rotation and focusing on opposite hip stabilization, it can be valuable in the treatment and management of various musculoskeletal conditions affecting the hips and lower extremities.