

Standing Leg Rotations

FORM: Stand on one and lift opposite leg. On support leg keep knee slightly bent but locked. Your support foot should be rooted to floor by engaging your bottom of your foot like you are grabbing the floor with your toes. Your raised leg can now go through various leg motions. Examples: move knee as far from midline then bring back in, perform circular motions with the knee for several repetitions in one direction and then the other direction, and keep raised knee pointing forward raise foot inwards and then back for several repetitions.

Do it Right!
Exercises you Should Do



Hip Rotation: Our Joints are meant to be moved through a pain-free range of motion daily for good health. Lack of internal or external rotation is a sign of possible joint issues. One way to reduce an issue at your hip is mobility exercises like the standing leg rotations. **If you have pain when doing this exercise it could be a sign of joint damage.** The nice thing about these exercises is that it improves balance at the same time. **Balance:** The biggest cause of accidental deaths worldwide, after car crashes, are falls, which in many cases are a failure of balance. Simply standing on one leg is an ability that every person, young and old, should be able to perform. Athletes should definitely incorporate balance exercises into their conditioning program. Every time you practice the one leg stance, it is an opportunity to recalibrate your brain, forming new connections and strengthening the coordination between your ears, eyes, joints and muscles some therapists state. **TEST: The one-leg balancing test** researchers believe may be an effective indicator of the probability of stroke in a person as well as a test for longevity. Try standing on one leg for as long as you can. A good goal is greater than 30 seconds.

You use your hip rotators to walk, run, squat, crouch, and crawl. You also use them when you put your weight on one foot and rotate your pelvis. Without hip rotation it would be difficult to complete everyday activities like putting on pants or stepping into a bathtub.