

HAPPY HIPS

PART ONE

There are many factors to consider when thinking about hip health in a dancer. There's the bony morphology of the hip, ligamentous laxity, having adequate hip control when standing on one leg, good turnout control, core control and hip flexor strength for those extensions.

Many muscles contribute to the stability of the hip and turnout. You may even find that your hips feel different day to day depending on how you've been training.

In this series, we will talk all things hips. The focus of Part 1 is the Anatomy. As a dancer, being able to visualise the anatomy can be really helpful.

Bones:

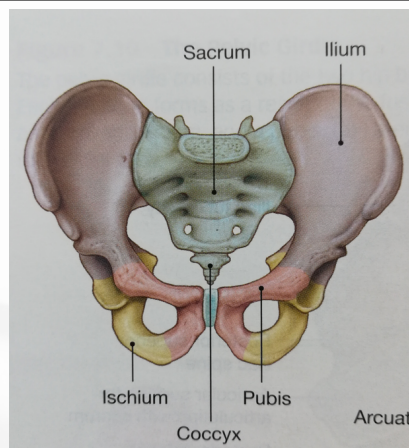
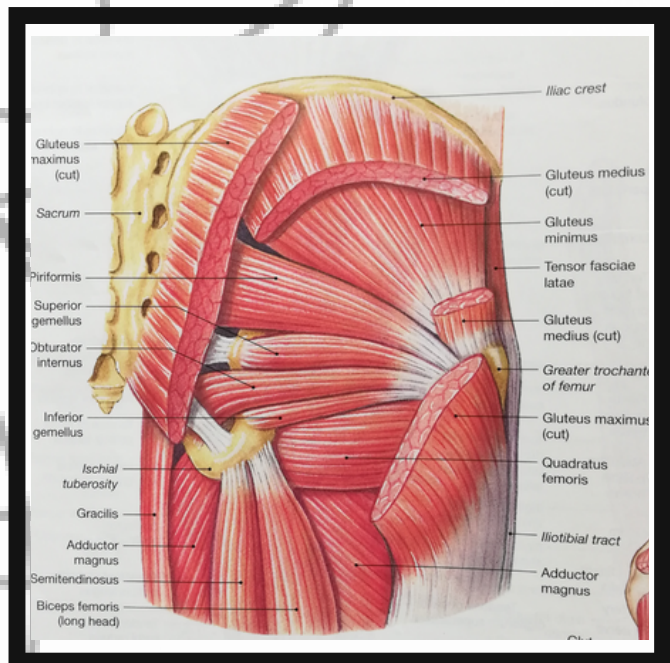
- Femur
- Pelvis (Ilium, Ischium, Sacrum)

Joints

- Femoroacetabular Joint
- Sacroiliac Joint

Muscles

- Quadratus Femoris (QF): Standing leg turnout
- Piriformis, Obturator Internus & Externus and Gemeli: Work better in varying degrees of hip flexion, en fondu or in Retire
- Gluteus Maximus: Hip Extension. Power house! Helps with movements such as grand allegro and lifting the leg into arabesque
- Gluteus Medius: Important stabiliser for the lateral hip. It's important that it's not overused for turnout.
- Psoas Major & Sartorius: Control turnout when leg is past 90 degrees en l'air, especially a la seconde.



Images: Martini et.al (2009). Human Anatomy(6th Ed). Pearson Education Inc