THE HIP STABILITY FIX

Build control. Practice your stride. Keep moving forward.

A SIX-WEEK DRILL SEQUENCE FOR RUNNERS

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TWO SHORT SESSIONS A WEEK. ONE SIMPLE PLAN.

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A Stronger, More Controlled Stride

Running asks your body to accept load on one leg, then move into the next step. This sequence gives you a simple way to practice balance, strength, and control alongside the running you already do.

Give it six weeks. The goal is to see how the drills and your running feel over time. Some pelvic movement is normal, and this guide does not diagnose injury or guarantee a change in gait.

How to Use This Guide

Frequency: Two sessions per week, with at least 48 hours between them. Each session takes about 25-35 minutes. Add it after an easy run or use a separate day.

Equipment: A wall, a small pad, a securely anchored resistance band, and an optional light dumbbell or kettlebell. Start with 3-5 minutes of easy walking or marching.

Effort: Use a manageable load and finish each set feeling you could do 2-3 more controlled reps. Keep your usual running volume steady as you learn.

Before You Start

Record your usual easy-run duration and effort, any symptoms, and how steady you feel on each leg. Repeat a similar easy run in week 6. Optional: record a short video from behind at the same pace and camera angle.

> **Keep it comfortable:** If movement causes sharp pain, worsening symptoms, dizziness, or a limp, stop and seek guidance. Reduce or stop if symptoms worsen afterward or the next morning.

For severe pain after injury, inability to bear weight, or a hot swollen hip with fever, seek urgent medical care. This plan is for runners who can currently run and exercise comfortably.

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The Drill Library: Control

01 Half-kneeling hip windmill



Start in a half-kneel with the front foot planted. Reach the hand on the kneeling side toward the floor as the other arm reaches up. Rotate your chest gently toward the raised hand; return upright. Use a block if the floor is too far. Start without weight.

02 Half-kneeling Pallof twist



Anchor a light band at chest height to your side. Half-kneel and hold it with both hands. Press forward, rotate your chest a small amount away from the anchor, then return to center. Keep hips steady; work both sides.

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The Drill Library: Load

03 Wall march



Face a wall with hands supported. Lean slightly from the ankles. Lift one knee, pause, lower and switch. Keep the standing foot grounded and avoid twisting.

04 Suitcase carry



Hold a manageable weight in one hand and walk tall, keeping shoulders relaxed and hips steady. Repeat on the other side. No weight? Carry a loaded bag or march in place.

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The Drill Library: Spring

05 Pogo hops



Make small, quiet two-foot hops in place. Land softly with a natural knee bend. Stop when rhythm or control fades. Choose calf raises instead for a lower-impact option.

LOW-IMPACT OPTION Calf raise



Lightly hold a sturdy chair or wall. Rise onto the balls of both feet, pause, and lower slowly. Skip hopping if you cannot comfortably walk, rise onto your toes, or land softly.

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Your 6-Week Progression

Complete drills 1-4 and one calf-raise or pogo option twice a week. Numbers show sets × reps or time. Repeat an earlier dose if needed.

Drill	Weeks 1-2	Weeks 3-4	Weeks 5-6
Hip windmill	2 × 5 / side	2 × 6 / side	2 × 8 / side
Half-kneeling Pallof twist	2 × 6 / side	2 × 8 / side	2 × 10 / side
Wall march	2 × 6 / side	2 × 8 / side	2 × 10 / side
Suitcase carry	2 × 20 sec / side	2 × 30 sec / side	3 × 30 sec / side
Pogo hops	Calf raises: 2 × 10	2 × 10	3 × 10
Low-impact option	Calf raises: 2 × 10	Calf raises: 2 × 12	Calf raises: 3 × 12

On Your Easy Run

Once or twice a week, choose **one** cue for 30-60 seconds at a time: “stand tall,” “feel the ground,” or “stay steady over the stance leg.” Return to relaxed running between cues. Avoid forcing a perfectly level pelvis.

The Progression Rule

First make the movement smooth. Then add the listed reps or time. A slightly heavier carry or band is optional when you can complete every set without leaning or losing control.

Check in at week 6: Did the drills feel easier? Did your run feel more comfortable or controlled? Compare your notes from the start and decide what to keep.

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Keep the Momentum Going

Six weeks is a starting point. If the routine feels useful, keep building your running practice with guidance you can return to every week.

Your Six-Week Check-In

Start date: _____ Week 6 date: _____

Easy run duration / route: _____

Before: effort (0-10) _____ comfort / symptoms: _____

Week 6: effort (0-10) _____ comfort / symptoms: _____

Week	Session 1	Session 2	Notes
1	[ ]	[ ]	
2	[ ]	[ ]	
3	[ ]	[ ]	
4	[ ]	[ ]	
5	[ ]	[ ]	
6	[ ]	[ ]	

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Sources: Willy & Davis (2011), pubmed.ncbi.nlm.nih.gov/21765220/ · nhs.uk/symptoms/hip-pain/
This guide is a practical training template, not the protocol tested in the cited study.