
Hip recovery.

Posted by killagina - 2009/08/29 02:15

I was a greco roman wrestler. During my 7th year in wrestling I suffered a hip injury. I shifted my hips out of place and had to do physical therapy after my injury. About a year after the injury I blew my hip out during a wrestling match and continued to wrestle on it. I once again had to receive physical therapy. It has been approximately one year and three months since my last hip injury. After I wrestle or drill football with friends I find my hips are very very sore. The soreness last for about 2 days.

I am not out of shape. I work out about 5 times a day, and do yoga. I live correctly, and I stretch before and after all my work outs.

Due to college my life revolves around study. I manage to get 2 hours of exercise a day during the week. On the weekends I will work out for about 4 hours.

I need some sort of hip exercise that would help get my hips back up to 100%. If anyone would be so kind as to help me with this it would be appreciated.

Thank you.

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