



LoriMichielFitness, Inc.
Senior Fitness in the Home

Since 2006



Fitting News

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External Hip Rotation Exercises: Keep Your Hips and Legs Strong

Both external and internal hip rotation are important for maintaining healthy movement, preventing pain and improving overall mobility. They play a vital role in daily activities and managing conditions like [osteoarthritis](#).

If you're suffering from chronic conditions involving the hip, such as [osteoporosis](#) or arthritis, even after hip surgery, these movements can help. External rotation exercises for the outer hip and glutes can help with flexibility, such as crossing one leg over the other to put on socks and mitigating discomfort when walking, especially on an incline. External hip rotation can help build stability, which also helps with balance.

These exercises are demonstrated both sitting and standing. Be sure to check out October's Exercise Snack Video: **Internal Hip Rotation Exercises**.

"I reached out to Lori early on a Sunday morning to find a way to help my elderly parents. She responded almost immediately, and although it became clear to her that the services she offers were not right for our situation, she offered several very helpful suggestions and even followed up the next day to point me to an additional contact that she later remembered. It's rare to find people whose first instinct is genuinely to be helpful to people they don't know, but Lori is one of them."

- Mark



To assess your potential risk for a fall, take my quick [Balance Profile Quiz](#).

After completing the quiz, you will receive an email with your results and helpful balance tips.



Lori Michiel, NASM-CPT, Senior Fitness Specialist

For more blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com or email me at hello@lorimichiefitness.com

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Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.