

**All Mountain Ski Alliance**

**Movements in Motion: Lower Body-Hip Alignment Photos - Cookie Hale and PJ Jones**

The following photos illustrate how the hips should line up with the feet, and not the shoulders! The hips are part of the lower body. How you orient your hips will determine how you be able to use your legs. They are connected and function together!

If the hips are twisted (countered or rotated relative to your feet), the legs will not function as they were designed to function and the chances of knee injuries greatly increase. The knee joint is basically a loose hinge joint and needs to be used as such with the thigh and shins lined up.

In addition, the thigh and hip muscles are much stronger than the calf and feet muscles. Keeping the hips and legs lined up allows us to use these stronger muscles for edging and steering the skis, as well as greater agility with pressure management. *(Please see previous articles in this series for more information.)*

**LOWER BODY FUNCTIONING TOGETHER - HIPS-KNEES-FEET LINED UP**



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**COMPARISONS\**

**LINED UP AND STACKED**



**YES!**

**HIPS ARE TWISTED (COUNTERED OR ROTATED)  
AND SOMETIMES UPPER BODY IS TIPPING!**



**NO!**

## COMPARISONS\

### LINED UP AND STACKED



### HIPS ARE TWISTED (COUNTERED)



**COMPARISONS**

**HIPS ARE TWISTED (COUNTERED)**

**LINED UP AND STACKED**



**COMPARISONS**



Now go back and look again at only the “YES!’s”, especially pages 1-3.