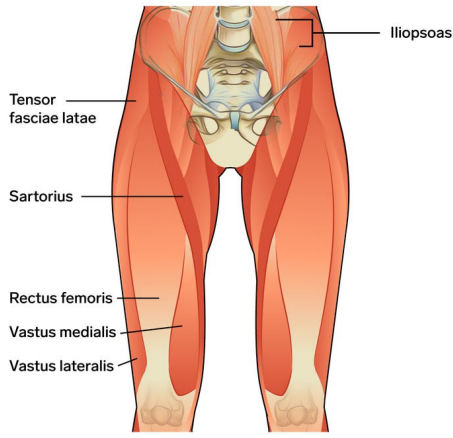


Hip Flexor Stretches

Hip flexor muscles



Hip Flexors are a group of muscle and tendons located at the top of the thighs. Whenever you walk, bend over, or lift something you are activating your hip flexors, which making even the simplest tasks painful when the hip flexors are irritated. Stretching may help alleviate the pain, as well as help improve flexibility and help prevent further injury.

Scorpion

Starting out on the floor with your chest flat against the ground and your arms straight making a T with your body, you will take your right foot off the ground crossing it over your body trying to touch your left hand. Keeping your chest flat against the ground throughout the stretch you will begin by getting your toe to cross over to touch the floor and each time you do the stretch you will work your foot higher until it is closer to your hand. You will hold this stretch for 30 seconds each time and will repeat the stretch on each side.



Runner Stretch

Kneel on your right knee, with your left foot flat on the floor in front of you. Lean forward from the hips sliding your right knee back further to get a deeper stretch, ensuring your left knee is not going over your left toe. Hold for 30 seconds and then switch side and repeat stretch.



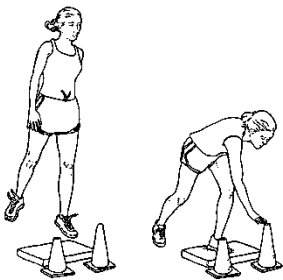
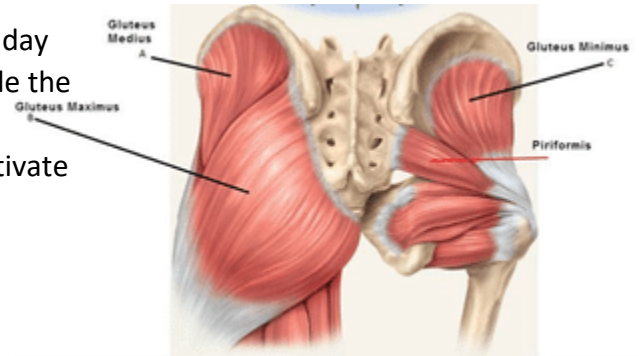
PSOAS-Hip Flexor with Ball

In a standing position facing a wall put the palms of your hands flat against the wall shoulder width apart. With an exercise ball directly behind you pick up your right leg resting the front of your ankle on the ball then gently using your ankle roll the ball out behind you away from your body, while pushing your hips forward and keeping them squared with the wall. Try your best to keep your back as straight as possible you will hold this stretch for 30 seconds then you will repeat on opposite side.



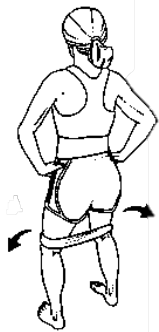
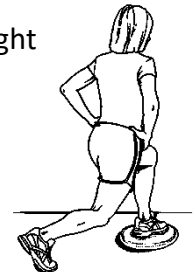
Hip Abductor Exercises

As a result of extended periods of time sitting during the day many people develop weak gluteal muscles, which include the hip abductors. Being inactive for period can essentially turn these muscle off, making it difficult to activate them during exercise.



Single Leg Cone Touch: Standing on one leg on an unstable surface (such as a balance disk) with two cones in front of you, cross your arm across your body and touch the cone, repeat ten times. Then switch legs and repeat stretch on other side.

Balance Disk Lunge: With a balance disk in front of you, you will place your right foot on the disk, letting your left foot slide behind you to rest on your toes with your right foot firmly planted on the balance disk. You will then bring you left knee down toward the floor, keeping the right foot balanced on the disk. Repeat this ten times then switch legs and repeat stretch on opposite side.



Standing Band Piriformis exercise: Taking an exercise band you will position it so that it is just above both knees with your feet shoulder width apart and bent slightly. You will move your thighs apart keeping your feet planted. Hold this for 30 seconds.

Bridge Band Exercise: Lying on your back with an exercise band positions around your legs just above your knees and your knees bent, with your feet flat and the floor, you will bring your glutes off the floor tightening your core to hold your hips up creating a straight line from your knee to your ears. Holding this position, you will move your thighs outward away from each other holding it for 30 seconds.

