

STEP 1



STEP 2



STEP 3



Standing Hip Flexor Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1



STEP 2



Hip Flexor Stretch on Step

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with a step or platform in front of you.

Movement

Place your foot on the step and push your hips forward with your pelvis tucked, until you feel a stretch in the front of your hip. Hold briefly, then carefully return to the starting position and repeat.

Tip

Make sure to keep your pelvis tucked and do not arch your low back during the exercise.

STEP 1



STEP 2



Standing Hip Flexor Stretch on Chair

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin standing upright with one leg bent and resting on a stable chair behind you.

Movement

Engage your abdominal muscles, then slightly shift your weight forward at your hips. You should feel a gentle stretch in the front of the hip of your bent leg.

Tip

Make sure to use a sturdy chair and avoid arching your back during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch with Chair

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

Movement

Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

Tip

Make sure to stay upright and keep your buttocks tight.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch with Sidebend

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. Maintaining this position, slowly raise your opposite arm overhead and lean your torso to the side of your front knee. Hold this position, then relax and repeat.

Tip

Make sure to maintain your balance and keep your movements slow and controlled during the stretch.

STEP 1



STEP 2



Doorway Hip Flexor Stretch with Chair

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway with a chair in front of you.

Movement

Place one foot on top of the chair, then slowly press your hips forward as you raise your opposite arm overhead. Use the doorframe for support as needed.

Tip

Make sure to maintain an upright position and only move in a comfortable range.

STEP 1



STEP 2



STEP 3



Scorpion

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with your arms out to your sides and your legs straight.

Movement

Bend your knee and slowly lift your right foot up and across toward your left arm. Hold briefly, then return to the starting position and repeat with the other leg.

Tip

Make sure your chest stays flat on the floor and only move in a comfortable range.

STEP 1



STEP 2



Combined Thoracic Rotation, Hip Flexor, and Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Being lying on your side with your head resting on a towel and your knees bent to 90 degrees.

Movement

Using your bottom arm, grasp your top leg and pull it upward. Next, bring your lower leg behind you, and grasp your ankle with your other hand. Return your head back to the towel, then slowly turn your head and lower your shoulder toward the ground. Hold this position.

Tip

Make sure to perform this exercise slowly and in the exact order described.

STEP 1



STEP 2



Prone SIJ Anterior Rotation Mobilization on Table

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin standing upright next to a table. Place your tableside leg and torso on the table with your foot hanging off the edge.

Movement

Press up through your arms until you feel a gentle stretch in the front of your leg that is on the table. Hold this position.

Tip

Make sure to move into the stretch slowly and avoid arching your back during the exercise.