



Nose Creek

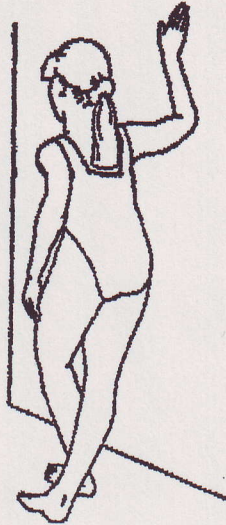
Sport Physical Therapy

Get moving.....faster!

HIP STRETCHES

Iliotibial Band

Cross the right leg behind the left leg. Lean your right hip toward the wall while bending the left knee. Hold. Repeat to other side.

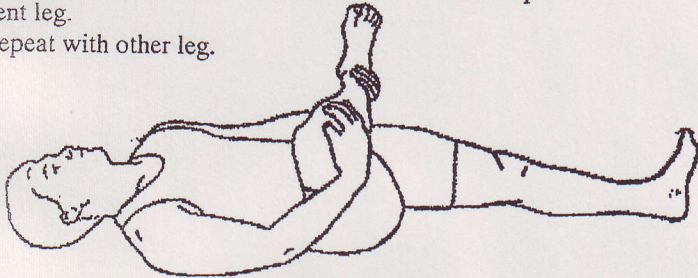


For a variation of this stretch, cross the right leg in front of the left leg and repeat the exercise.

Hold ___ seconds.
Repeat ___ times.
Do ___ sessions per day.

Hip Rotators

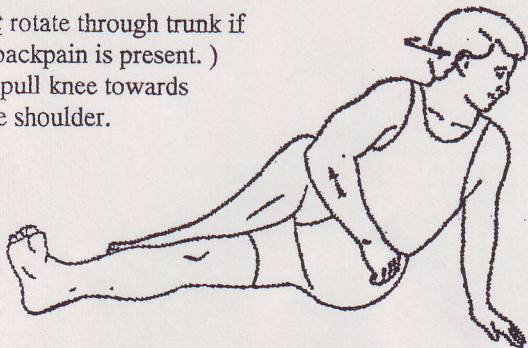
Cross legs over by placing foot above the knee. Then pull up on straight leg to increase stretch behind hip of bent leg. Repeat with other leg.



Hold ___ seconds.
Repeat ___ times.
Do ___ sessions per day.

Outside Hip Muscles

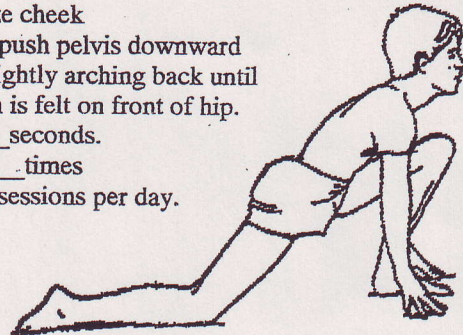
(Do *Not* rotate through trunk if lower backpain is present.) Simply pull knee towards opposite shoulder.



Hold ___ seconds.
Repeat ___ times.
Do ___ sessions per day.

Hip Flexor

- Pelvic tilt
- lunge forwards
- squeeze cheek
Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.



Supine Piriformis

Cross legs with involved leg on top. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock/hip area. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.



External Rotators

Clasp hands around the knee and gently press it toward the opposite shoulder. Hold. Pull ankle up with opposite hand. Feel the stretch in the buttocks and the outside of hip. Repeat with the other leg. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

