

Flexibility (Hips/Groin)

Glute



Exercise Description:

Glute

Classification:

Flexibility (Hips/Groin)

Instructions:

Lie on your back and pull one knee towards your chest.

You should feel a stretch in your glutes.

Hold for the prescribed number of seconds.

Hips (seated)



Exercise Description:

Hips (seated)

Classification:

Flexibility (Hips/Groin)

Instructions:

Sit on a bench with right leg across the opposite knee.]

Push down on the right knee and lean forward at the hips until a stretch is felt in your hip. Hold for the prescribed number of seconds and then repeat with the other leg.

Glutes (seated)



Exercise Description:

Glutes (seated)

Classification:

Flexibility (Hips/Groin)

Instructions:

Sit with left leg across the knee of the opposite leg. Push down on the left knee and lift the right leg up to a bent knee position until a stretch is felt in your hip.

Hold for the prescribed number of seconds and repeat with the other leg.

Groin stretch on ball



Exercise Description:

Groin stretch on ball

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit on the ball with your left leg stretched straight out to the side.
2. Shift your weight towards the right to create a stretch on the inside of your left thigh.
3. This should be a comfortable stretch.
4. Hold for the prescribed number of seconds and then repeat with the other side.

Seated glute stretch



Exercise Description:

Seated glute stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit with your left leg bent at the knee. Cross the right leg over the left knee.
2. You should feel a stretch in your glute. If you do not then pull the knee that is pointing into the air towards your body to intensify the stretch.
3. Hold for prescribed time and repeat with the other leg.

Standing glute stretch with toning bar



Exercise Description:

Standing glute stretch with toning bar

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by standing and bracing against a toning bar or fixed object.
2. Bring your left foot up and place across your opposite knee. Your knee will be bent at 90 degrees.
3. Squat down into a parallel position and hold for the prescribed time.
4. Return to the starting position and repeat with the other leg.

Hip Flexor Stretch on ball



Exercise Description:

Hip Flexor Stretch on ball

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit on the ball with one leg stretched behind you and the other leg bent at the knee in front of the ball.
2. Shift forward keeping the back foot planted until you feel a stretch in the hip flexor of the outstretched leg.
3. Hold for the prescribed time and repeat with the other leg.

Piriformis Stretch



Exercise Description:

Piriformis Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit on the ball with one leg bent and the other foot placed on top of the opposite knee.
2. Push down gently on your knee until a stretch is felt in your hip/glute and turn the opposite direction.
3. Hold for the required time and repeat with the other side.

Standing Adductor Stretch with ball

**Exercise Description:**

Standing Adductor Stretch with ball

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by placing your right knee on top of a stability ball and maintain your balance.
2. Slowly spread your leg out to the side until you feel a stretch on the inside of your thigh.
3. Hold for the prescribed length of time and then repeat with the other side.

Quad Psoas Stretch**Exercise Description:**

Quad Psoas Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by placing one knee on the balance disc with the foot on top of the stability ball.
2. Your other leg should be bent 90 degrees at the knee with your foot flat on the floor.
3. Slowly slide your foot on the floor forward and lean with your upper body towards the floor until a comfortable but moderate stretch is felt.
4. Return to the starting position and repeat or hold for desired amount of time if you would like.
5. Repeat with the other leg.

Single Leg Knee to Chest



Exercise Description:

Single Leg Knee to Chest

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie back and grasp one leg behind knee. Other leg should be straight on floor.
2. Pull knee towards same shoulder. Back should remain flat on floor.
3. Hold for 20-30 seconds. Repeat as prescribed.

Glute/Piriformis Stretch



Exercise Description:

Glute/Piriformis Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie back and cross legs with the involved leg on top.
2. Gently pull opposite knee towards chest until a stretch is felt in the hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight in a neutral position.

Hip Flexor Quad Stretch



Exercise Description:

Hip Flexor Quad Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Step out 1-2 feet with one foot.
2. Slowly push pelvis downward and forward until stretch is felt in front of back thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight.

Letter T Stretch



Exercise Description:

Letter T Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie on back with right knee drawn toward chest.
2. Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders squared and flat on ground at all times. Bottom leg should remain straight.

Modified Letter T Stretch



Exercise Description:

Modified Letter T Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie on back with right knee drawn toward chest.
2. Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders squared and flat on ground at all times. Bottom leg should be bent so that your knees are aligned.

Double Leg Knee to Chest Stretch



Exercise Description:

Double Leg Knee to Chest Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie on back and place hands behind knees.
2. Pull both knees in to chest until a comfortable stretch is felt in lower back.
3. Hold for 20-30 15 seconds. Repeat as prescribed.
4. Remember to keep head relaxed on floor.

Piriformis Stretch



Exercise Description:

Piriformis Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie back and bring one knee towards your chest.
2. Gently pull knee towards opposite shoulder until a stretch is felt in the hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight in a neutral position.

Supine Twist Stretch



Exercise Description:

Supine Twist Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie on your back on the floor.
2. Gently rotate trunk and legs to side so that your knees are facing entirely to a side.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders on the ground.

Butterfly Stretch



Exercise Description:

Butterfly Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit in upright position and place heels together.
2. Spread knees apart and pull feet toward groin until a stretch is felt in groin and inner thigh.
3. Hold of 20-30 seconds.
4. Remember to keep low back straight to emphasize stretch.

Standing Hip Flexor/Groin Stretch



Exercise Description:

Standing Hip Flexor/Groin Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Stand with legs wider than shoulder width apart.
2. Bend knee and lean to that side, keeping opposite leg straight. Stretch should be felt in extended straight leg.
3. Hold for 20-30 seconds and repeat to the other side.

Runners Hip Flexor Stretch



Exercise Description:

Runners Hip Flexor Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Stand with legs wider than shoulder width apart.
2. Bend knee and lean to that side, with your chest on your thigh. Keep opposite leg straight. Stretch should be felt in extended straight leg.
3. Hold for 20-30 seconds and then repeat to the other side.

Prone Hip Rotator Stretch



Exercise Description:

Prone Hip Rotator Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie down with your left leg in front of you and your knee bent at 90 degrees. Place your right leg straight behind you.
2. Lean forward with your chest towards the floor until a stretch is felt in your hip/glute area.
3. Hold for prescribed time and then repeat with the other leg.

Double Leg Straddle



Exercise Description:

Double Leg Straddle

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit with the upper body upright and your legs spread as far apart as possible.
2. Lean forward and reach out to grab your feet.
3. Hold for prescribed time and then repeat.

Seated Adductor Stretch on Chair



Exercise Description:

Seated Adductor Stretch on Chair

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit on a bench or chair with your legs straight and separated as far apart as comfortable.
2. Turn your shoulders to one side and lean toward that side. You should feel a stretch on the inside of the opposite thigh.
3. Hold this stretch for the prescribed time and then repeat to the other side.

Seated core warmup on ball



Exercise Description:

Seated core warmup on ball

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Sit on exercise ball with your hands at your hips.
2. Raise the right side of your hip up towards your shoulder.
3. Return to the starting position and repeat with the other side.
4. Repeat for the prescribed repetitions.

Supine Hip Stretch with ball



Exercise Description:

Supine Hip Stretch with ball

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Lie on your back with one foot on top of a ball and the other foot on top of the opposite knee.
2. Slowly curl the ball towards your chest until a stretch is felt in the opposite hip.
3. Return to the starting position and repeat for the prescribed reps. Then repeat with the other leg.

Forward Backward Leg Swing



Exercise Description:

Forward Backward Leg Swing

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by standing with your feet shoulder width apart. You can stand on a small step or on the ground.
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.
3. Do not swing your leg so hard that you can not keep your upper body from moving.
4. Repeat for the recommended repetitions and repeat with the other side.

Lateral Leg Swings



Exercise Description:

Lateral Leg Swings

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by holding onto a secure object and raise your outside leg out to the side.
2. In a smooth and continuous motion swing your leg back and forth across the front of your body.
3. Swing through your full range of motion but keep your upper body stable throughout the movement.
4. Repeat for the recommended repetitions and then flip sides and repeat with the other leg.

Kneeling Hip Flexor Stretch



Exercise Description:

Kneeling Hip Flexor Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by getting on one knee.
2. Slowly shift your hips forward until a comfortable stretch is felt on the front of your hip.
3. Hold this position for the recommended time and then return to the starting position. Repeat for desired repetitions.

Tensor Facia Latae Stretch



Exercise Description:

Tensor Facia Latae Stretch

Classification:

Flexibility (Hips/Groin)

Instructions:

1. Start by placing one knee on the ground and support yourself with a stool or something.
2. Lean to the side and simultaneously push your hips in the opposite direction until a comfortable stretch is felt on the outside of the hip.
3. Hold for the desired time and then repeat for desired repetitions.

