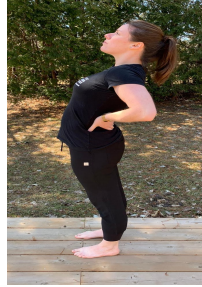


Hip Daily Check In



1 With feet together, bend backwards keeping your knees straight. Do you notice tension in the front of your hip?



NO

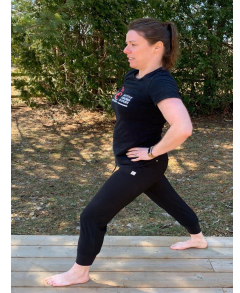
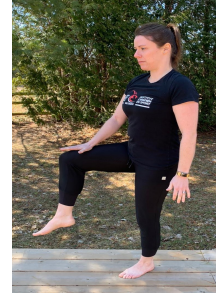


Hip Flexors

YES →

Perform resisted hip flexion for 5 seconds

Followed by 5 pulsed hip extension stretch.



2



Triangle pose – wide base of support, front foot externally rotated, back foot forward, arms out and reach down towards front foot.

Do you feel tension on the inner thigh of the front leg?

NO



Do you feel tension on the outside of the of the trail leg?

NO



Hip Add/Abductors

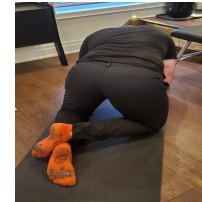
YES →

YES →



Frog stretch - Rock back and forth slowly until tension eases.

10- 15x reps



Posterior capsule stretch - in kneeling, cross one foot over the other. Rock backwards

10 – 15x reps

Hip Internal Rotation

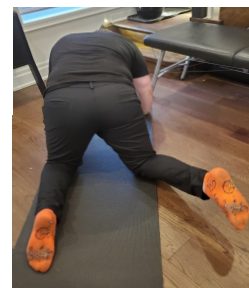
3

Seated with knees together, rotate one foot outwards.

Do you feel any pinching?



YES →



Quadruped knee internal rotations- In 4 point kneeling, brace core, slowly rotate leg feeling effort in back pocket.

10 -15x reps

Key points

This program is a quick way to evaluate your muscular tension in an effort to improve mobility prior to training.

You know your body! If you prefer a different stretch or would like to hold for longer then you can individualize your daily check in.

This program is designed to identify tension. If you feel pain, contact your therapist for individualized advice!