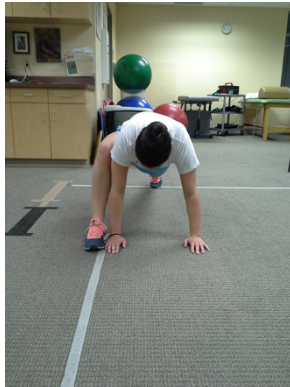
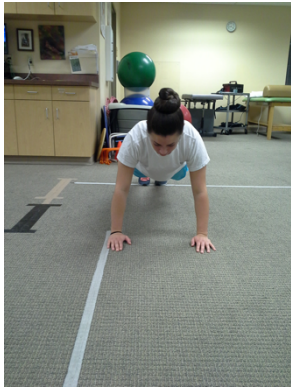


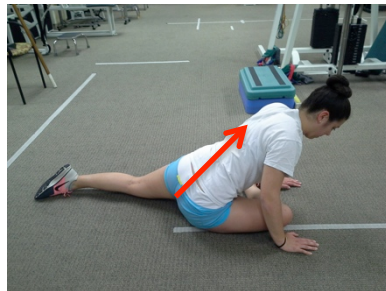
Hip Mobility



Kneeling hip flexor stretch: align yourself so you are 45° to step as shown. Keep back leg in this position as you rotate front foot straight ahead and onto step. Reach overhead. Contract glutes and stay tall. Gently lean to the opposite side. Hold 2x20 sec each side.



Spider-man stretch: bring foot even with and outside hand. Fire back glute and drive hips forward. Keep hips square throughout entire exercise. Hold 2x20 sec each side.



Crossover stretch: assume position as shown. Focus on sitting down on the side that is crossed over (right side here), while also lengthening spine (arrow). Keep trunk facing forward. Hold 2x20 sec each side.



Seated piriformis stretch: sit as shown. Try to lean onto side being stretched (right side here), and lengthen spine as you hug knee. Hold 2x20 sec each side.

Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

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