

# Phase 1

## GOOD FOR:

- Alleviating pain stemming from the hip, glutes, and groin
- Improving hip range of motion
- Warm-up for phase 2 and 3 exercises

## GUIDELINES:

- Perform every day
- Tools: stretch strap, balance pad, dowel

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

# Phase 1

## STRETCHING EXERCISES:

- Do 3 reps with 30- to 60-second holds
- Perform in any order on both sides
- Don't stretch into pain

## **knee to opposite shoulder**

Lie on your back and bring one knee toward your chest. Interlock your fingers over your lower knee and upper shin. Keeping your low back flush with the floor, use your arms to pull your knee across your body toward your opposite shoulder.



## **hamstring stretch with strap**

Hook a strap around your foot. Keeping your leg completely relaxed, use your arms to pull your foot toward your head and hold it in place once you feel a moderate stretch.





## hip flexor stretch

In a kneeling position, squeeze your abdominals and glutes to rotate your pelvis backward (posteriorly). Keeping your back neutral, shift your body forward slightly until you feel a stretch on the front of your hip and leg. To increase the intensity of the stretch, bend your knee and grab your ankle. You can also prop your foot on a bench or chair or position your shin flush against a wall.



# Phase 1

## MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM) (move as far as you can without pain)
- Perform in any order on both sides
- Pause at end range for 2–3 seconds

## **hip external and internal rotation**

Stand with your feet straight and positioned underneath your hips. Shift your weight onto one leg and lift your unweighted foot an inch or two off the floor, keeping your leg straight. To help maintain balance, place one hand against a wall or hold a dowel. Externally rotate your hip by turning your foot outward, then internally rotate your hip by turning your foot inward.





## hip abduction

As you shift your weight onto one leg, use your hip and glute muscles to raise your other leg out to the side of your body (abduction). Try not to lean excessively or rotate your foot; stay fairly upright and keep the toes of your moving foot facing forward.





## hip flexion

Raise one knee as high as you can without assistance. As you reach end range, cup your hands around the front of your knee and gently pull it toward your chest. Stop if you hit a point where you feel pain.

