

Hip Mobility Routine

Exercise	Notes	Progression
<p>Figure 4</p> 	<p>Typical Glute stretch- Do 10 pushes of the knee away from the body, then hold for 15- 20 seconds. Do both sides.</p>	<p>Bring the heel of the non-stretching leg towards your hips</p>
<p>Piriformis</p> 	<p>Fold leg right over the other- then “rock” you knee up to your opposite shoulder. Do 10 reps, then hold the stretch for 15-20 seconds. Do both sides.</p>	<p>Bring the heel of the non-stretching leg towards your hips</p>
<p>Butterfly</p> 	<p>Sat upright- heels as close to your pelvis as you can, hold for 10-15 seconds. Then hands behind your back, place one hand on the same knee, press the knee down, keeping the other knee still, 10 reps then stretch for 10. Repeat other side. Stretch both adductors at the same time to finish.</p>	<p>Heels closer to pelvis- Further range with the groin</p>
<p>Frogger</p> 	<p>In an all 4’s position. Knees wide, feet turned out and flat on the floor. Slide back and forth into a comfortable range for 10 reps. Hold for 10 secs. Bring your arms straight hold for 10 secs. Walk hands back wards keeping back straight to where you are comfortable.</p>	<p>Increasing range at knees</p>
<p>Hip Flexor</p> 	<p>Knee as far back as you can, then bring chest up. Hold for 15-20 seconds</p>	<p>Bend at the knee and hold your ankle like a quad stretch. Hold for another 15-20 seconds.</p>



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90-90 rolls  A photograph of a person in a white t-shirt and dark shorts performing a 90-90 roll. They are sitting on the floor with their knees bent at 90-degree angles, rolling their weight from one knee to the other.	Sat up right, knees hip width apart, roll your knee into the opposite foot	To be demonstrated
Travelling Butterfly	Sat up right- hands at mid thigh area- hamstring stretch hold for 3 seconds, then bring hips into the butterfly stretch, hold the stretch for 3. Repeat 5 times	Increasing Range
Pigeon  A diagram showing two variations of the Pigeon stretch. The top variation shows a person in a side-lying position with one leg bent and the foot flat on the floor. The bottom variation shows a person in a side-lying position with one leg bent and the foot flat on the floor, with the other leg extended behind.		