

HIP MOBILITY SEQUENCE

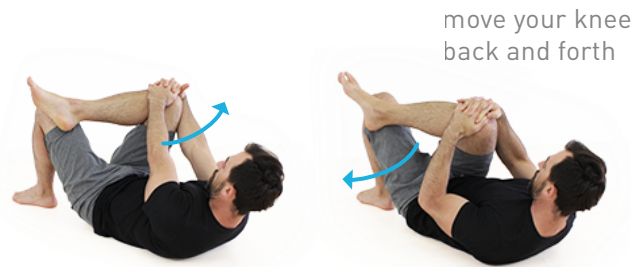
In pretty much all sporting and daily activities, good hip strength and mobility are keys to performing your best. The following stretches will help your hips stay as healthy and functional as possible.

1 LYING HIP ROTATION



- Lie on your back with both knees bent and cross one ankle over the opposite knee
- Move in and out of the stretch by rotating the hip in and out
- For the hold, use your hand for resistance and press into the knee

2 PIRIFORMIS STRETCH



- Cross one leg fully over the opposite leg, so your knee is crossed over your thigh
- Shift your hips fully to the other side
- Pull the crossed knee toward your opposite shoulder, then use your hands to move your knee back and forth to create resistance in order to deepen the stretch

3 BUTTERFLY STRETCH



- Sit upright with a straight back and feet together, pressing the knees down towards the ground
- Use your hands to press into the ground and move your groin closer to your heels
- Press one hand into your knee on the same side for a deeper stretch

4 SQUATTING INTERNAL ROTATIONS



- Start in a deep squat (as deep as you can go)
- Rotate one knee inward, down towards the ground
- Move dynamically switching sides
- Sit on a small stool, if necessary, to find comfortable squat

5 FROG STRETCH



- Start on your hands and knees, bringing your knees as far apart as is comfortable
- Keep the inside edges of your feet on the ground, with toes pointed outwards
- Squeeze the knees together as you rock backwards, and relax as you rock forwards

6 KNEELING LUNGE



- Get into a lunge position with your knee and foot about hip width apart from the elevated leg
- Keep your chest tall and your hips square
- Pull the back foot up off the ground with same side hand for a deeper stretch

7 TRAVELING BUTTERFLY



- Sit with your feet straight out in front of you (longsitting)
- Use your hands to push your hips forward toward your heels, so you wind up in the butterfly position
- Move dynamically between longsitting and butterfly positions

8 PIGEON STRETCH



- Start with your front knee bent at a 90-degree angle
- The back knee can be bent or extended as is comfortable for you
- Rotate the back hip forward, and shift the other hip backwards
- Keep the chest up tall and work towards straightening the back leg and putting more weight through the front leg

HOT TIPS

- Move in and out of each stretch several times
- Move slowly with control
- Hold each position for 10-30 seconds
- Shake it out and do it again
- Practice, practice, practice!

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