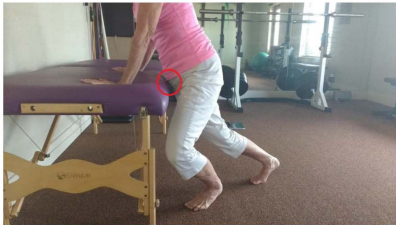


Hip Flexor/Iliopsoas Release

Home Exercise Program



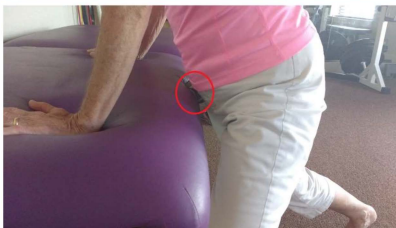
Standing Iliopsoas release (SMR)

Find a firm but soft chair or table that is just below your hip crease. Stagger your stance into a semi-lunge position, just enough so you can use the furniture to place pressure on a lacrosse or trigger point ball against your iliopsoas (psoas and iliacus muscles that join in the groin area).

Find areas of tenderness in this area and apply either a rolling method or pressure, being careful to avoid any joint or bone area.

Do this one or the one on the floor, whichever is better for you.

Repeat 1 Time
Hold 1 Minute
Perform 2 Times a Day



Hip flexor mobilization with ball

With ball located over front of hip on your hip flexor, find area of resistance and roll slowly over for approximately 1 minute.

Repeat 1 Time
Hold 1 Minute
Perform 2 Times a Day



Hip Flexor

Hip Flexor Stretch

Keep your chest back, push your hips forward until you feel a gentle stretch. Do not overstretch.

Repeat 3 Times
Hold 30 Seconds
Perform 1 Times a Day



Modified Plank

Support your body on your elbows. Keep spine neutral, tuck tailbone, and hold.

Repeat 5 Times
Hold 20 Seconds
Perform 1 Times a Day



BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Times a Day

Video # VVTJZ7GYR



STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

Video # VVZG9K99Y

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Video # VV4R4FB65

Repeat	10 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

Do not let your pelvis roll back during the lifting movement.

Video # VVZLS2CSB

Repeat	10 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Hip Abduction Side Step with Band

Place hands on your hips with band around ankles. Start in a slightly squatted position, step sideways in one directions for several steps, then reverse the direction to return where you started, keep knees bent slightly throughout exercise. No rocking of the shoulders or hips side to side. Repeat each direction until you feel muscle fatigue in each hip. If you do not feel fatigued after several repetitions increase resistance.

Complete	2 Sets
Perform	3 Times a Week



