

Hip Stretching Home Exercise Program



Foam Rollout-Iliotibial Band

Start: Position yourself with the side of your leg on the foam roll as pictured.

Movement: Lift your hips off of the floor and proceed to roll the side of your leg on the foam roll.

Perform x 2 minutes.

Hold 2 Minutes



FOAM ROLL - HAMSTRING BILATERAL

Start by sitting on a foam roll under both your thighs.

Next, using your arms, roll forward and back across this area.

Repeat 1 Time

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



FOAM ROLL - HIP ADDUCTORS

Lie face down with a foam roll diagonally under your affected inner thigh.

Use you arms to roll up and down your leg.

Repeat 1 Time

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



Hamstring Foam Roll

Place the foam roll underneath the middle of the thigh. Cross the right leg over the left. Roll your weight forward and backward on the foam roll, from right below the glutes to above the knee. Repeat on the other leg.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 4 Times a Week



SIDELYING - STRETCH - ILIOTIBIAL BAND - ITB

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Video # VVLHU84LJ

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



STANDING ILIOTIBIAL BAND STRETCH WITH TRUNK SIDE BEND - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

IT BAND / GLUT / PIRIFORMIS STRETCH - LONG SIT

Sit with one knee straight and the other bent and placed over the opposite knee.

Then gentle turn your body towards the bend knee side. Video # VVF6DUD3H



Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day