

Hip Work

Here are 5 stretches that stretch out the front and back of the hips and also combine some spinal mobilization and stretching while maintaining a hip stretch

Top Middle – (Deep Glute) - While on hands and knees take one knee slightly back – bring the other foot forward and place it in front of that knee – center the forward knee to the chest and gently lower the upper body onto the leg – Hold for 30 seconds and repeat on the other leg

Top Right – (Glute/Hip Flexor) - While in the deep glute stretch – place the hands wide and perform a push-up style motion with a slight rotation to lengthen through the front of the trailing leg – Complete 5 reps and repeat on the other leg

Bottom Left – (Glute/T-Spine) - While holding the deep glute stretch rest an elbow on the mat and rotate the upper body to open up the thoracic spine – Complete 5 reps and repeat on the other leg

Bottom Middle – (Deep Hip Flexor) – From a kneeling lunge position take the front foot forward of the front knee – let the hips sink down and this will bring the front knee over the front foot. Breathe deeply in and out slowly 3 times and feel the hips sink lower – keeping the hips in this position push up with the hands off the front knee and deepen the stretch through the front of the hip again breathing deeply in and out 3 times - Repeat on the other leg

Bottom Right – (Inner/Outer Hip) – Using a jump rope or strap stretch hold tension in a straight leg to stretch the hamstring (back of the leg) - hold for 15 seconds – let the leg go out away from the body making sure to keep the opposite shoulder on the floor - hold for 15 seconds while deep breathing – bring the leg across the body making sure to keep the opposite shoulder on the floor - hold for 15 seconds while deep breathing – Repeat on the other leg