



# Trinity Health

## HIP MOBILITY EXERCISES

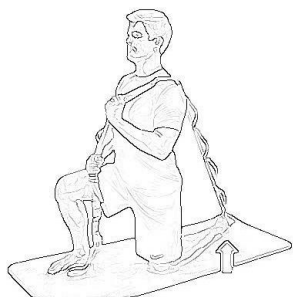
### Piriformis Stretch



Begin lying on your back. Hold your knee with one hand and your ankle with the other, bring your knee towards your opposite shoulder and hold. You should feel a stretch in your glut.

Hold 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day

### Hip Flexor Stretch



Begin in half kneeling position. Gently bring your hips forward so you feel a stretch in the front of the hip of the leg that is “down”. To intensify the stretch, pull up on the strap that is wrapped around your ankle to bend your knee.

Hold for 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day

### Iliotibial (IT) Band Stretch



Begin standing with your affected leg crossed behind the unaffected leg. Next, with your arm overhead, lean towards the unaffected side.

Hold for 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day



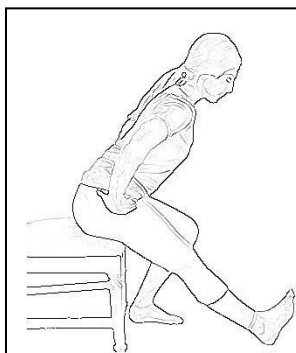
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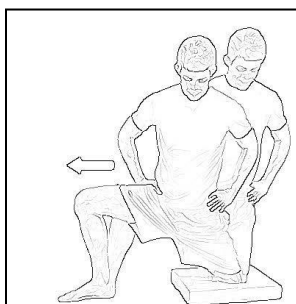
### Hamstring Stretch



Begin seated at the edge of a chair. Rest your heel on the floor with the knee straight. Gently lean forward, hinging at the hips, until you feel a stretch in the back of the leg.

Hold for 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day

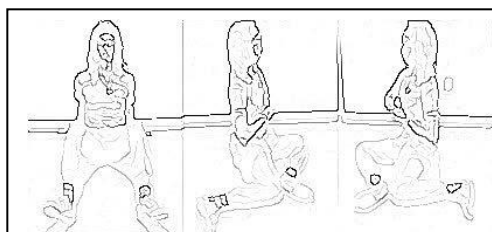
### Adductor Stretch



Kneel on the targeted leg and place the opposite leg directly off to the side. Next, lean towards the “up” leg as you allow the knee to bend. A stretch should be felt in the groin of the “down” leg.

Hold for 20-30 seconds  
Perform 3 sets per session  
Perform 1-2 sessions per day

### Shin Box Hip Mobility



Begin seated with your knees bent to 90 degrees and your hands behind you for support. Keeping your feet in the same place, move both your knees to the same side. Then, go back to center and go to the other side. Keep your trunk as tall as possible for the entire exercise.

Perform 10 times in each direction  
Perform 2 sets per session  
Perform 1-2 sessions per day



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