

### Hip Mobility Routine

Exercise	Notes	Progression
<p><b>Figure 4</b></p> 	<p>Typical Glute stretch- Do 10 pushes of the knee away from the body, then hold for 15- 20 seconds. Do both sides.</p>	<p>Bring the heel of the non-stretching leg towards your hips</p>
<p><b>Piriformis</b></p> 	<p>Fold leg right over the other- then “rock” you knee up to your opposite shoulder. Do 10 reps, then hold the stretch for 15-20 seconds. Do both sides.</p>	<p>Bring the heel of the non-stretching leg towards your hips</p>
<p><b>Butterfly</b></p> 	<p>Sat upright- heels as close to your pelvis as you can, hold for 10-15 seconds. Then hands behind your back, place one hand on the same knee, press the knee down, keeping the other knee still, 10 reps then stretch for 10. Repeat other side. Stretch both adductors at the same time to finish.</p>	<p>Heels closer to pelvis- Further range with the groin</p>
<p><b>Frogger</b></p> 	<p>In an all 4’s position. Knees wide, feet turned out and flat on the floor. Slide back and forth into a comfortable range for 10 reps. Hold for 10 secs. Bring your arms straight hold for 10 secs. Walk hands back wards keeping back straight to where you are comfortable.</p>	<p>Increasing range at knees</p>
<p><b>Hip Flexor</b></p> 	<p>Knee as far back as you can, then bring chest up. Hold for 15-20 seconds</p>	<p>Bend at the knee and hold your ankle like a quad stretch. Hold for another 15-20 seconds.</p>



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<b>90-90 rolls</b>  A photograph of a person in a white t-shirt and dark shorts sitting on the floor in a 90-90 position, rolling their knee from one side to the other.	Sat up right, knees hip width apart, roll your knee into the opposite foot	To be demonstrated
<b>Travelling Butterfly</b>	Sat up right- hands at mid thigh area- hamstring stretch hold for 3 seconds, then bring hips into the butterfly stretch, hold the stretch for 3. Repeat 5 times	Increasing Range
<b>Pigeon</b>  A diagram showing two variations of the Pigeon stretch. The top one shows a person in a 90-90 position, and the bottom one shows a person in a Pigeon stretch position with one leg bent and the other extended.	Set up 90 degrees at the hip and at the knee first. Roll across into the stretch 10 times, then hold the last rep for 15-20 seconds	Getting the opposite leg further behind to increase range.