

Hip Stretches and Mobilizations

This first section contains six examples of hip stretches that are easy and effective. These stretches are designed to target some of the more commonly tight and restricted muscles.

Knee to Chest

Pull your knee toward your chest until you feel a stretch in your buttock area. Your other leg can be bent (as shown) or straight.

Hold for 30 seconds, and 3 repetitions per side.



Figure 4 Stretch

Cross one leg over the other into a figure 4 position. Push your leg away from your head (as shown).

Hold for 30 seconds, and 3 repetitions per side.



Figure 4 Stretch for the Piriformis Muscle

Cross one leg over the other into a figure 4 position. Grab your crossed leg with your opposite hand (while maintaining the figure 4 position). Pull your bent leg toward your opposite shoulder until you feel a stretch in your buttock area.

Hold for 30 seconds, and 3 repetitions per side.



Pigeon Stretch

Keep your front leg with the knee at 90 degrees and straight out in front with your back leg straight behind you. Lean forward as far as you can until you feel a stretch in your buttock. Do not twist your body.

Hold for 30 seconds, and 3 repetitions per side.



Hip Flexor Stretch

Stand with good posture with your back leg straight. Keep your back heel on the ground with your toes pointed straight ahead. Flex your front knee until you feel a stretch in the front of your hip. You will also likely feel a stretch in the back of your calf.

You should feel a mild to moderate stretching sensation and no increase in pain.

Hold for 30 seconds, and 3 repetitions per side.



Hamstring Stretch in Doorway

Find a doorway and place one leg on the frame and stretch the opposite leg through the doorway. Try to keep your back with a neutral arch. As your hamstring relaxes, slowly move closer to the wall or doorframe.

Hold for at least 1 minute per side, and preferably 2 repetitions per side.



Hip Mobilizations

This second section contains two examples of hip/buttock mobilizations using a foam roller. Both are easy and effective. A lacrosse or tennis ball can also be an effective mobilization tool and is utilized similarly to a foam roller (as shown below).

IT Band Mobilization with Foam Roller

Position your affected side down onto the foam roller. Slowly roll your body back and forth along the entire length of the IT band and lateral thigh. Do not roll it over the greater trochanter of the hip (the boney part near your pelvis). Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



Buttock Mobilization with Foam Roller

Position your affected side down onto the foam roller. Slowly roll your body back and forth along the buttock. Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



Lacrosse Ball Mobilization of the Piriformis

Place a lacrosse or tennis ball into the buttock area. Lie on the ball and slowly apply firm pressure to the area. Gently move the ball around and hold over the tender areas.

Perform 1-2 minutes on each leg once per day.

