

**HIP AND GROIN STRETCHING EXERCISES**

**Outer Hip Stretch**



- Lay on the floor on your back
- Cross the right foot over the left knee, keeping the right knee bent
- Use your left hand to pull the right knee across your body
- Hold for between 10 and 30 seconds

Muscles Stretched - Gluteus Medius, Gluteus Minimus, Tensor Fasciae Latae

**Related Injuries** - Trigger points in the gluteal muscles , Piriformis syndrome , Iliotibial Band Syndrome

**Standing Outer Hip Stretch**



- Stand side on to a wall with the leg to be stretched crossed behind the other
- Balance yourself using one hand on the wall
- Push your hips away from the wall, keeping the knees straight
- Hold for between 10 and 30 seconds

**Variations**

- Perform leaning forwards, using the wall or a table for support
- Take the leg being stretched as far across your body as possible

- Push the hips away

Muscles Stretched - Tensor Fasciae Latae, Iliotibial Band, Sartorius

**Related Injuries** - Iliotibial Band Syndrome (Runners knee)

## **Hip Flexor Stretch**



- Kneel with one knee on the floor and the other foot in front with the knee bent
- Push your hips forwards and keep the back upright
- Hold for between 10 and 30 seconds

### **Variations**

- Sit on the ground with one leg tucked under your buttocks
- Lean backwards slowly

Muscles Stretched - Iliopsoas, Rectus Femoris

**Related Injuries** - Thigh strain, Contusion, Inflammation of the rectus femoris tendon

