



Tel: (065) 6840757

## HIP AND GROIN STRETCHES

**Hip flexor stretch** – Stand in a lunge position with affected leg behind. Tighten in your tummy and lean forwards so that you get a stretch at the front of your hip. Hold for 15-20 seconds and repeat 3-5 times



**Standing groin Stretch 1** – Stand with your feet apart and facing in the same direction. Lean away from your affected side so that you feel a stretch down into your groin. Hold this stretch for 15-20 seconds and repeat 3-5 times.



**Standing groin Stretch 2** – Stand with your feet apart and facing at right angles to each other. Lean away from your affected side to feel a stretch into your inner thigh/groin region. Hold this stretch for 15-20 seconds and repeat 3-5 times.



**Quadriceps Stretch** – Standing. Bend the knee of your affected leg and use your hand to pull your foot up behind you so that you feel the stretch at the front of your thigh. Hold this stretch for 15-20 seconds and repeat 3-5 times.

**Quadriceps Push** – Use the same position as the quadriceps stretch. Following each quadriceps stretch, tighten your thigh muscle and push your foot against your hand while resisting. Hold for 5 seconds and stretch straight after.





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**Combined groin stretch part 1** - stand sideways placing your affected foot on a raised surface; widen both your legs as far as they will go (feeling a stretch in both adductor regions); push the affected leg out a little further feeling increased tightness; holding this position and keeping facing straight ahead, turn the affected foot upwards to point to the ceiling. Hold for 10 seconds and repeat 3-5 times.



**Combined groin stretch part 2** – Using the same position as part 1. Feel the stretch in your groin and lean your upper body forward from the waist so that the stretch is felt farther down into your inner thigh. Hold 10 seconds and repeat 3-5 times.



**Hamstring Stretch** – Stand and place your heel onto a step or stool. Keeping a slight bend in your knee lean your upper body forward from the waist sticking out your bottom. Lean onto your upper thigh and feel the stretch at the back of your thigh. Hold this stretch for 15-20 seconds and repeat 3-5 times.



**Gluteal Stretch** – Lying on your back, bend your hip and knee and use your hands to pull your knee up towards your chest. Feel the stretch in your bottom. Hold for 15-20 seconds and repeat 3-5 times.



**Lateral Rotator / Piriformis Stretch** - Place the foot on top of the opposite thigh crating a 'figure of 4' shape; gently push the knee down towards the bed/floor and hold for 5 seconds at the limit of stretch; you will have to work through mild stretching discomfort to progress. Repeat 3-5 times.

**Lateral Rotator / Piriformis stretch with overpressure** – Using the same position as with previous stretch. Use your elbows to press your knee





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towards the floor so you get an increased stretch. Hold for a further 10 seconds and repeat 3-5 times.

**Low back/Gluteal stretch** – Sit on the floor, bend your affected leg up and place the foot outside the unaffected knee. Rotate your low back and use your opposite elbow to pull your affected leg across towards the opposite shoulder. Hold this stretch for 15-20 seconds and repeat 3-5 times.



**Low back/Hip flexor stretch** – Lie on your tummy, place your hands under your shoulders and push up while keeping your pelvis on the floor. Feel the stretch at the front of your thigh and low back. Hold 15-20 seconds and repeat 3-5 times.



**Gluteus Med + Min stretch in lying** – Lie on your tummy. Bend your affected leg up and place the foot under the knee of the unaffected leg. Tighten your tummy and stretch your knee away from you and try to press your hip toward the floor. Hold 15-20 seconds and repeat 3-5 times.

