

Dynamic Hip Stretching Series

Mid Hamstring Stretch



Band Attachment Site – Over the arch of the foot and behind the neck

Body Alignment – Keep elbows on the floor, opposite foot firmly pressing against the wall, shoulder blades and head in contact with the floor

Dynamic Stretch Action – Extending and flexing the knee

Progression – Gradually move elbows higher during stretching to increase hip flexion as knee is actively extending

Adductor (Groin Stretch)



Band Attachment Site – Over the arch of the foot and behind the neck with opposite arm locked out and hand gripping band approximately 6 inches from foot

Body Alignment – Keep elbows close to the floor, opposite foot firmly pressing against the wall, shoulder blades in contact with the floor with neck resting on the band

Dynamic Stretch Action – Extending and flexing the knee as the leg is taken further into abduction

Progression – Gradually move flex knee closer to ribcage to increase hip flexion/abduction as knee is actively extending

Hip Rotation Stretch



Band Attachment Site – Over the arch of the foot and behind the neck with same side arm locked out and hand gripping band 2 inches from the foot

Body Alignment – Keep opposite foot firmly pressing against the wall, shoulder blades in contact with the floor, neck resting on the band and foot resting high at sternum height

Dynamic Stretch Action – Pulling the foot directly towards the opposite shoulder

Progression – Gradually move flex knee closer to the chest to increase hip flexion/adduction as hip is being passively taken into rotation

Lateral Hamstring (ITB & TFL) Stretch



Band Attachment Site – Over the arch of the foot and behind the neck with the same side arm locked out and hand gripping band approximately 6 inches from foot

Body Alignment – Keep elbows close to the floor, opposite foot firmly pressing against the wall, shoulder blades in contact with the floor with neck resting on the band

Dynamic Stretch Action – Extending and flexing the knee as the leg is taken further into adduction and hip flexion

Progression – Gradually move flex knee closer to ribcage to increase hip flexion/adduction as knee is actively extending

Hip Flexor-Quadriceps Stretch – Level 1



Band Attachment Site – Over the mid forefoot and behind the neck with the same side arm locked out and hand gripping band approximately 10 inches from end of band

Body Alignment – Keep elbow close to the floor, opposite foot firmly pressing against the wall, same side shoulder in contact with the floor while lying directly on your side with neck resting on the arm

Dynamic Stretch Action – Perform a gradual reaching back of the top arm once stretch leg is able to be positioned behind the torso putting hip into 20 to 30 degrees of extension

Progression – Gradually rotating the upper torso backwards while keeping lower arm locked out.

Special Note - Must keep band firmly in contact with foot to avoid the band migrating on the foot.

Hip Flexor-Quadriceps Stretch – Level 2



Band Attachment Site – Over the mid forefoot and over the same side shoulder with band hooked over the arch of the non-stretched leg

Body Alignment – Lying directly on the opposite side with inner thigh of stretch leg in contact with the floor

Dynamic Stretch Action – Perform a gradual lowering of the upper torso towards the floor

Progression – Gradually reaching overhead once upper torso is able to lie on the floor

Special Note - Must keep band firmly in contact with foot to avoid the band migrating on the foot