

## Hip Flexor Strain Rehabilitation Exercises

You can begin stretching your hip muscles right away by doing the first 2 exercises. Make sure you only feel a mild discomfort when stretching and not a sharp pain. You may do the last 3 exercises when the pain is gone.

- **Hip flexor stretch:** Kneel, then put your one leg forward, with the foot resting flat on the floor. From this position, tighten your stomach muscles, flatten your lower back and lean your hips forward slightly until you feel a stretch at the front of your hip. Try to keep your body upright as you do this. Hold this position for 15 to 30 seconds. Repeat 3 times on each side.
- **Quadriceps stretch:** Stand an arm's length away from the wall with your injured leg farthest from the wall. Facing straight ahead, brace yourself by keeping one hand against the wall. With your other hand, grasp the ankle of your injured leg and pull your heel toward your buttocks. Don't arch or twist your back. Keep your knees together. Hold this stretch for 15 to 30 seconds.
- **Heel slide:** Sit on a firm surface with your legs straight in front of you. Slowly slide the heel of the leg on your injured side toward your buttock by pulling your knee to your chest as you slide. Return to the starting position. Do 3 sets of 10.
- **Straight leg raise:** Lie on your back with your legs straight out in front of you. Bend the knee on your uninjured side and place the foot flat on the floor. Tighten the thigh muscle of the other leg and lift it about 8 inches off the floor, keeping the thigh muscle tight throughout. Slowly lower your leg back down to the floor. Do 3 sets of 10.
- **Resisted hip flexion:** Stand facing away from a door. Tie a loop in one end of a piece of elastic tubing and put it around one ankle. Tie a knot in the other end of the tubing and shut the knot in the door near the bottom. Tighten up the front of your thigh muscle and bring your leg forward, keeping your knee straight. Do 3 sets of 10.

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Hip flexor stretch



Quadriceps stretch



Heel slide



Straight leg raise



Resisted hip flexion