

How do I stretch my Hamstrings and Glutes?

Rules of Mobilization

1. Go across the grain or with the grain of the muscle fibers.
2. Stay on a tissue until it changes (pain reduces).
3. Try different tools to see what is appropriate (in your case) to mobilize the tissues. Examples include softball, foam roller, PVC pipe, knobby foam roller, tennis ball, lacrosse ball, massage gun.

Hamstring Mobilization and Stretch

1. On a chair with ball under hamstring - find tender spots and then floss hamstring - bend and straighten knee.



2. Roll Booyah Stik along hamstring.



3. Massage Gun



4. Stretch using strap, belt, or sheet in supine position.



5. Active stretch - lie on back and hold thigh vertical and extend knee



Gluteal Mobilization and Stretches

Sitting can really cause your gluts to adhere down creating stiffness in your posterior chain. You need to mobilize by sitting on a Lacrosse ball in chair or on floor. Can also lie on floor with feet up on chair. Can pull one knee to chest and internally and externally rotate hip.



Stretch

1. Single leg flexion with external rotation of hip. (On Floor)



2. Single leg flexion with external rotation on chair.

