

Advanced Hip Stretches

1. Hip Flexors - on stairs. Split squats with stretch



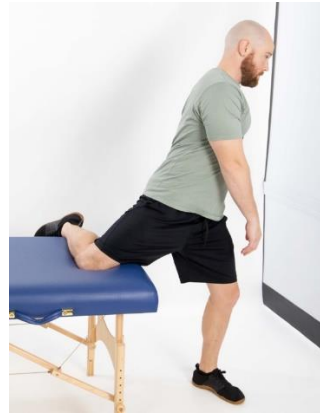
2. Hip flexors stretch with external rotation of hip



3. Hip capsule - kneeling and adduction - also add in internal rotation/external rotation of leg that is kneeling.



4. Ballerina-on highchair or bench. Start with hip flexor



5. On floor, put both knees at 90 degrees and rotate toward the back leg, then extend the back leg and lean into the front leg.

