



Bloomsbury Osteopathy

Hip and Leg Exercises

Hip Flexor Stretch – the quadriceps and psoas muscles

HIPM07

Function:

To lengthen and relax the muscles at the front of the pelvis in order to increase mobility at the hip joint and help with overall posture.

Method:

Starting Position:

Hold onto a large exercise ball and adopt a lunging position on a flat surface with the hip and knee of the unaffected leg bent to more than 90° so that the foot is pointing directly forwards. You may place a cushion under the knee of the other leg which is in contact with the floor. The hands can be placed on the hips, or on a support in front of you such as a chair or table.

Action:

Slowly and in a controlled manner drive the pelvis forwards whilst the knee of the affected side remains on the floor. When a stretch is felt at the front of the hip, hold for 30 seconds whilst breathing slowly and deeply. Return to the starting position and repeat on the other side.

Notes:

The torso should remain vertical at all times to protect the lower back. Make sure to keep a straight line between the hip, knee and ankle of the side being stretched.

STRETCHING OF:
1. THE QUADRICEPS MUSCLES
2. THE PSOAS MUSCLE
3. THE LIGAMENTS AND TENDONS AT THE FRONT OF THE HIP JOINT
(HIPM07)

