

Council Rock High School South

Hip Flexor Strain Rehab Routine



Immediately after injury: **Rest, Ice, & Compression**

Post injury treatment: **Heat, Stretch, & Ice**

Begin first day after injury:

Rehab Exercises:

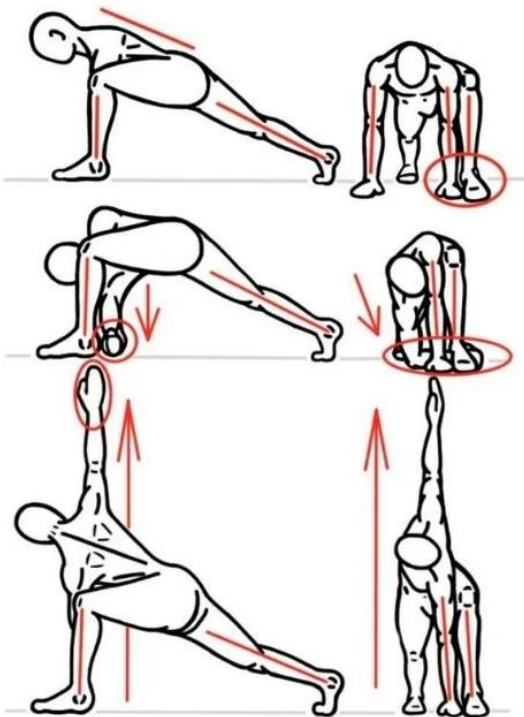
➤ Stretches: (Everyday)

✓ Spiderman/World's Greatest Stretch

- Start in a lunge position with back knee straight and off the ground.

From there reach both hands down to the ground keeping them within a foot of the front leg. From there rotate towards the front leg picking same side hand up and reaching towards the ceiling hold.

- 3 sets
- 30 seconds each
- 2-3 times per day



✓ Kneeling Hip Flexor Stretch

- Come into a half kneeling position. Keep your trunk upright and do NOT lean forward onto the bent knee. Should be at 90-degree angle with front foot and bent knee. Shift your weight forward onto the front leg maintaining an upright posture and hips squared forward until you feel a stretch on the front of your hip (the leg which is back). Hold the stretch, which should be comfortable and tolerable. Return to start position.



- 3 sets

- 30 seconds each
- 2-3 times per day

✓ Hip Flexor / Quad Stretch

- In a half kneeling position, place one knee on a pillow or pad and with the arm on the same side, reach back to grab the foot/ankle on the same knee that is kneeling. Try to position the pelvis so both hips are facing directly in front of the body. Then attempt to "tuck the tail" under the pelvis so a deep stretch is felt in the front of the hip and along the front of the thigh.



- 3 sets

- 30 seconds each
- 2-3 times per day

✓ Hip Flexor Stretch/Thomas Stretch: Off Table



- Sit on the edge of a firm bed or table. Hold one knee firmly to your chest and roll back so you are lying flat on your back with one knee to your chest, and the other is hanging in the air off the table. This will provide a stretch to your anterior hip on the hanging side.

- 3 sets
- 30 seconds each
- 2-3 times per day

✓ Prone Hip Flexor Stretch – Up on Hands



- Lie on a table or bed with one leg hanging off the side. Next, prop yourself up on your hands. You should feel a stretch to the front of your hip/thigh area of the leg that is on the table/bed.

- 3 sets
- 30 seconds each
- 2-3 times per day

➤ Exercises:

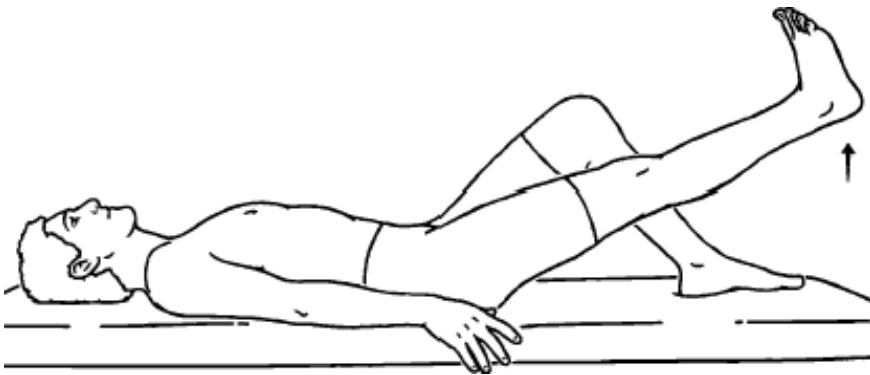


✓ Single Leg Bridge Hip Isometric Hold

- Begin laying on your back with your knees bent and arms comfortably resting at your side. From here, flex one leg and push through your arms and your leg to create an isometric contraction at the same time through the planted foot lifting your hips and low back from the floor. Hold for the prescribed amount of time.

- 3 sets
- 10 reps
- 2-3 times per day

✓ Straight Leg Raise (SLR)



- While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

- 3 sets
- 10 reps
- 2-3 times per day

✓ Resisted Dead Bugs

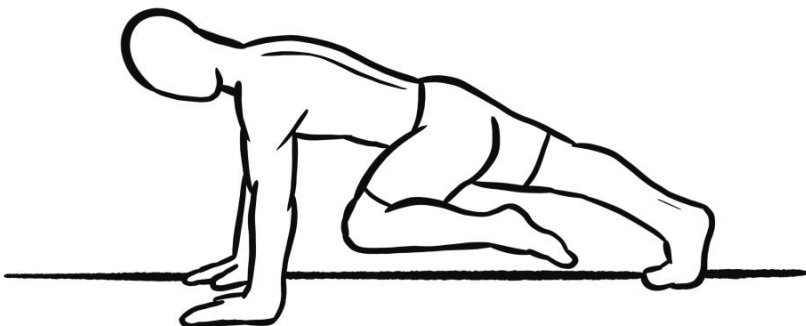
- With a TheraBand Loop around your feet begin on your back with your knees raised and bent, arms out straight DO NOT allow your lower back to arch the ENTIRE time. Start the movement by slowly straightening out one leg and the opposite arm. Resist the weight of the leg and arm wanting to arch your spine and counteract by squeezing the core. Complete each repetition engaging the core muscles the entire time.

- 3 sets
- 15 reps
- 2-3 times per day



✓ High Plank with Hip Flexion – Resisted

- With a TheraBand loop around your feet. Start on all fours with hands under shoulders, then extend knees and push weight on to your toes to assume a high plank position as shown. Brace your core and squeeze the gluteal muscles, then slowly begin marching one hip through flexion. Goal of the exercise is to maintain a stable trunk and avoid any pelvic rotation.



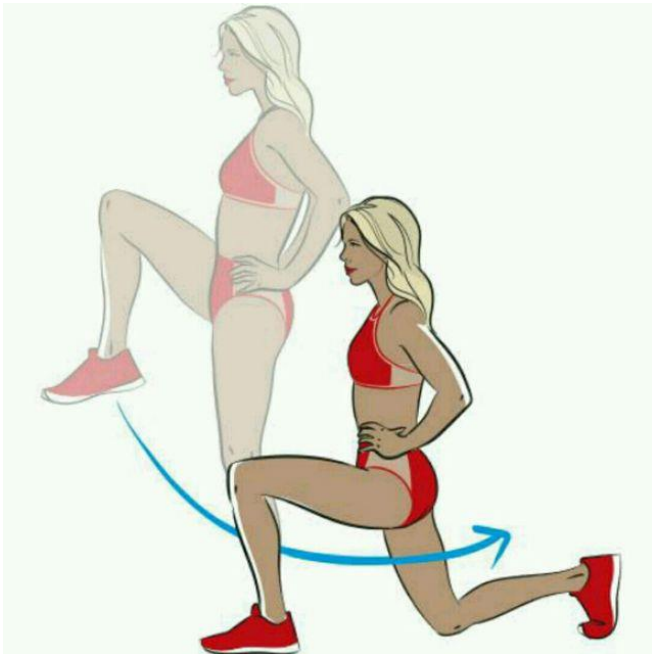
- 3 sets
- 10 reps
- 2-3 times per day



✓ Standing March with band

- Begin by standing with a band looped around both feet. Perform a march with one leg until your thigh is at least parallel to the ground. Pause at the top briefly. Then repeat with the other leg.

- 3 sets
- 10 reps each
- 2-3 times per day



✓ Reverse Lunge with Knee Drive

- Bring your non-stance leg back into the reverse lunge position, keeping your torso vertical, and controlling back using your stance leg. Press up onto your stance leg, drive your knee up, and repeat.

- 3 sets
- 10 reps each
- 2-3 times per day

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