

ACTIVE RECOVERY



Obturator Internus / Hip Capsule Stretch

In a seated position on the floor with your knees up, allow your knees to fall out to one side so that both knees and ankles are touching the ground.

In this new position, attempt to push the hip that is opposite to the direction of your knees down into the ground so both sit-bones are reaching for the floor. It's OK if both sit-bones aren't on the ground, so long as you feel a deep stretch on the outer part of your hip.

Hold this position for 20 seconds, and then switch the direction of your knees to stretch the opposite hip. Repeat x3.



Hip Flexor Stretch / Lizard Pose

In a kneeling lunge position, place the front foot far enough out in front of your body so that a stretch is felt behind the thigh and in the inner thigh.

Then position your hands on the inside of the front foot on the ground. Then attempt to squeeze the glute on the leg that is behind you to create a deep stretch that is felt in the front of the hip on the back leg.

To progress this stretch, you can lift the back knee off the ground.

Hold 20-30 seconds and switch legs, repeat x3 each leg



Couch Stretch

While in a tall kneeling position with one foot elevated on a surface, such as a couch, begin the stretch by squeezing the glute of the leg that is kneeling on the ground.

Then Shift your entire bodyweight forward until a deep stretch is felt along the front of the thigh and front of the hip

Hold for 30 seconds to 1 minute.



Kneeling Adductor Stretch

On your hands and knees in a quadruped position, extend one leg out directly to the side of the body. Then sit your hips back onto your kneeling legs as far as you can until you feel the stretch on the inside of your

Hold 20-30 seconds, repeat x3

To progress this stretch, come down onto your elbows, flatten/arch your back, and/or bring your big toe closer to the ground so your instep is flush with the ground.

ACTIVE RECOVERY



Kneeling Pigeon Stretch

In a kneeling lunge position, bring your front knee down and out toward the ground and adjust your foot so that your knee is as close to the 90° as possible. Then place your fist behind your foot to prevent sliding and extend the back leg as far as possible. Hold 20-30 seconds, switch legs and repeat x3

To progress the stretch, try to sit back as far as you can into the front hip and/or extend your spine to arch your lower back.



Kneeling HS Stretch

Begin in a kneeling lunge position with the affected leg position in front. Then sit your hips back toward your back heel until the front leg is straight. Continue to straighten until a stretch is felt behind the thigh.

Hold 20-30 seconds, switch legs and repeat x3

To progress this stretch, pull your toes toward your face on the foot in front and/or arch your lower back to the extended spine



Kneeling Thoracic Rotation

In a kneeling lunge position, bring both hands down to the ground inside of the front leg. Then rotate your outer hand up toward the ceiling as far as you can while maintaining eye contact with your hand.

Hold 20-30 seconds, switch sides and repeat x3