

UPSWING HEALTH

Hip Flexor Injury

Hip Flexor Stretch

Begin in a 1/2 kneeling position on the involved leg. Lean forward at the hip while keeping your back straight. Hold 30 seconds and repeat 3 times.



Quarter Wall Squats

Leaning on wall, slowly lower buttocks toward floor until your knees are slightly bent. Your knees should remain over your ankles, not in front of your toes. Tighten thigh muscle as you return to starting position. Perform 2-3 sets of 10 repetitions, once a day.

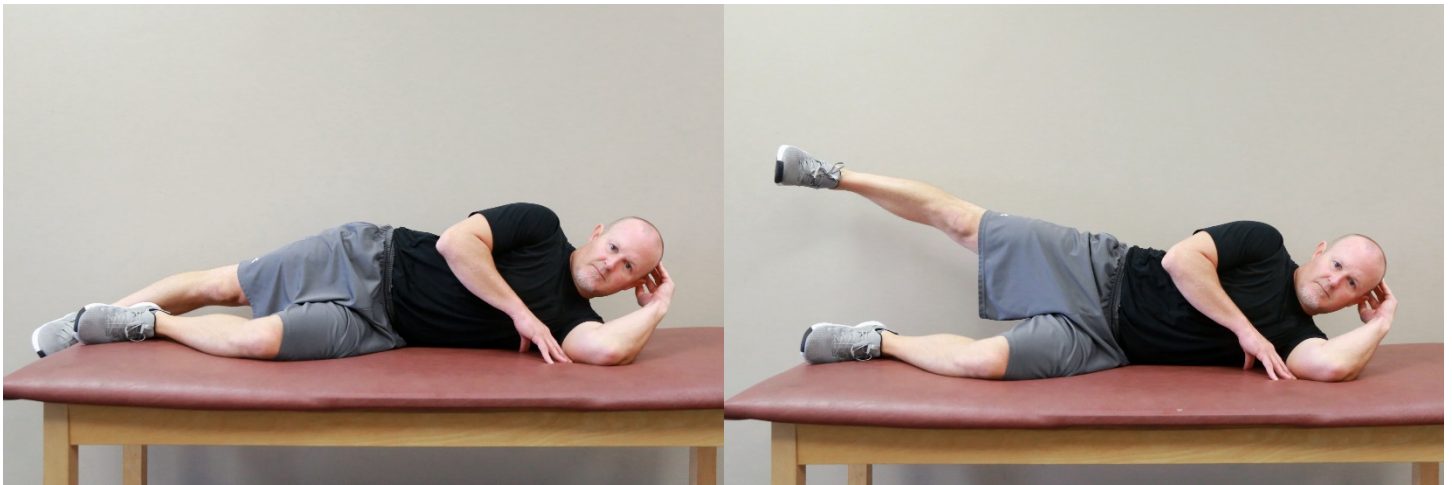


Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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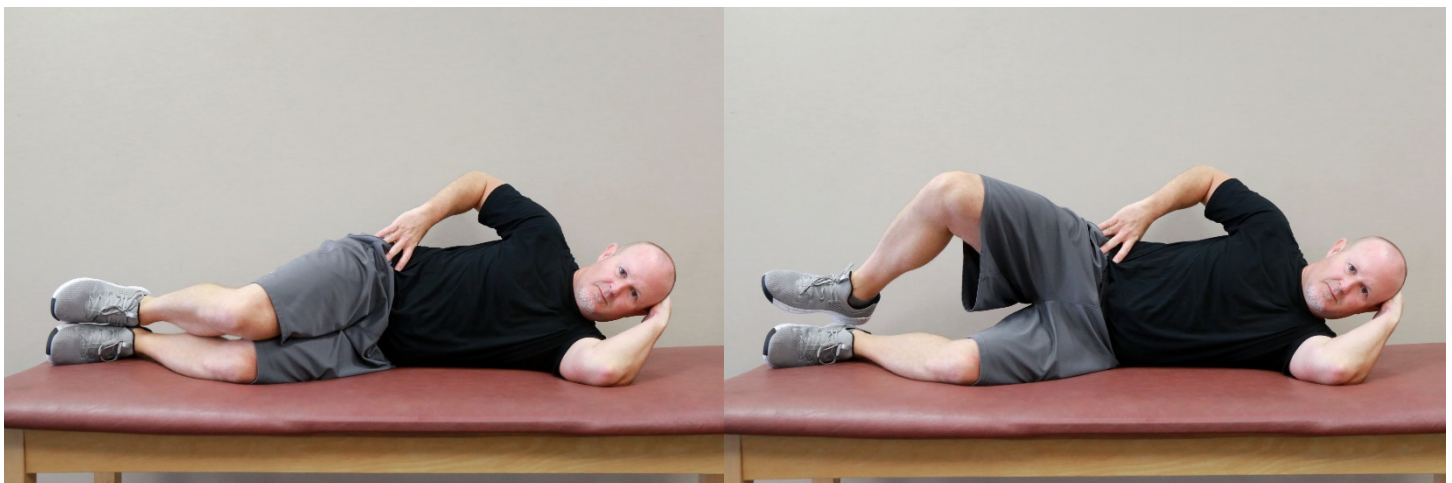
Sidelying Hip Abduction

Lie on your uninvolved side with your bottom knee bent. Position your top leg slightly forward and keep it straight. Lift your top leg upward and keep your foot horizontal to the floor. Do not let your hips rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



Clamshell

Lie on your uninvolved side with your knees bent and your pelvis rotated slightly forward. Keep your heels together. Rotate your top leg so that your knee turns upward. Stop before your hips/pelvis rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



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Quadruped Hip Extension

Start on your hands and knees. Keep your knee straight as you extend your involved hip. Do not let your back arch down. Perform 2-3 sets of 10 repetitions, once a day.

