

Hip Mobility Exercises

1. Lying Hip Rotations

- Lie on back with both knees bent.
- Cross one ankle over the opposite knee.
- Move in and out of the stretch by rotating the hip in and out.
- For the hold, use your hand for assistance to press into the knee.



2. Piriformis Stretch

- Cross one leg fully over the opposite leg, so your knee is crossed over your thigh.
- Pull the crossed knee toward your opposite shoulder, stretching the piriformis muscle.



In the same position as the first exercise, cross the leg further, then shift your hips fully to the other side, pulling your knee up to the opposite shoulder.

3. Butterfly Stretch

- Sit up with feet together, moving the knees down toward the ground.
- Use your hand to press into the ground and move your groin closer to your heels.



This classic stretch is very useful for the groin muscles, and for improving hip rotation to the side.

Pay close attention to your back and keep it straight and upright as you move through the stretch.

4. Frog Stretch

- Start on hands and knees, bringing your knees as far apart as is comfortable.
- Rock back and forth in that position.
- Keep the balls of your feet on the ground, with toes pointed outward.



5. Kneeling Lunge

- Get into a lunge position, with knee and foot about hip width apart from the elevated leg.
- Keep the chest tall and the hips square.
- To make the stretch harder, you can pull the back knee up off the ground.



6. Traveling Butterfly

- Sit on your butt with feet straight in front of you (longsitting).
- Use your hands to push the hips forward toward your heels, so you wind up in the butterfly position.
- Move between the long sitting and butterfly positions.



7. Squatting Internal Rotations

- Start in a deep squat position (as deep as you can go).
- Rotate one knee inward, down toward the ground.
- This stretch can be done sitting on a small stool if you cannot get into a comfortable squat position.



8. Pigeon Stretch

- Start with your front knee bent to a 90-degree angle. The back knee can be as bent or extended as is comfortable for you.
- Rotate the back hip toward the front heel, and then toward the back foot.
- Keep the chest up tall, and only bear as much weight as you can comfortably.

