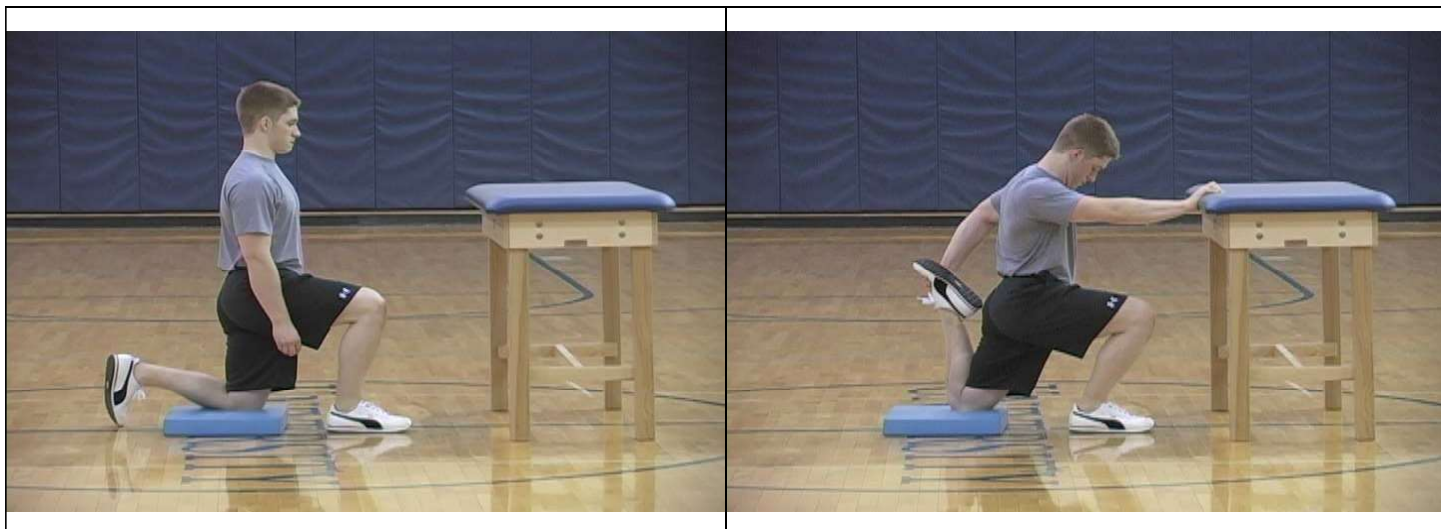


3.2 – WALL HIP FLEXOR MOBILIZATIONS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve length of the rectus femoris muscle. ▪ To teach your body the difference between hip extension and lumbar extension.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up with your left knee down on a towel or Airex pad. Reach back with your left hand to grab your left ankle. ▪ Your right leg should be directly in front of the body with your foot flat on the floor. ▪ Both legs should be completely straight and parallel to each other. ▪ Make sure to do this close to a wall so you can use it for balance.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ With the chest up and out, gently brace the core and tense your left glutes to drive your hip forward. ▪ Push to the point where you get a mild stretch in the front of your left hip. ▪ Hold for a count of one-one-thousand, and then return to the starting position without letting go of your ankle.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the core tight and tense the glutes to get the stretch. Don't extend with your lower back! ▪ Make sure you don't lean forward. Doing so will reduce the intensity of the stretch.