

18 Stretches For Hip Flexor Muscles





The average adult spends about 6.5 hours a day...sitting. That's 45.5 hours a week, 182 hours a month and 2,184 hours a year...SITTING. It's no wonder we're all complaining about tight hips, strained backs and sore knees.



tight hips can lead to a number of other aches and pains. Here are 18 simple stretches for hip flexor muscles that can relieve pain, decrease tightness, increase mobility and even boost strength - just be consistent

standing quad stretch

- Step 1: While in a standing position, bend your left knee and extend your foot up and back toward your bum. Grab your ankle and use your left hand to pull your leg closer to your glutes. To avoid overstretching, keep your body weight centered by tilting your pelvis slightly forward.
- Step 2: Hold for 15 to 30 seconds.
- Step 3: Release and return to the starting position.
- Step 4: Switch sides and repeat

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resistance side step stretch

- Step 1: Step inside a resistance band. Separate your feet to shoulder width
- Step 2: Slowly step right foot outside your shoulder width and pause.
- Step 3: Release and return to the starting position.
- Step 4: Switch sides and repeat



3

lying knee-to-chest stretch

- Step 1: Lie down on your back with both legs extended out.
- Step 2: Lift your right leg toward your chest while keeping your left leg straight and your lower back pressed firmly into the ground. Use your abs to maintain this alignment.
- Step 3: Interlacing your fingers, wrap both hands around your shin and pull your right leg in toward your chest.
- Step 4: Hold for 15 to 30 seconds.
- Step 5: Release and return to the starting position.
- Step 6: Switch sides and repeat.



4 side lying hamstring stretch

- Step 1 Lie on your side either the ground or a mat with the legs fully stretched out.
- Step 2 To stretch the right leg, hold the back of the right knee with both hands, pull the leg up toward the chest, and slowly straighten the knee until it feels as though it is stretching.
- Step 3. Hold the stretch for 10–30 seconds.
- Step 4. Repeat steps for left leg





5 figure 4 stretch

- Step 1 Lie on your back with your feet flat on the floor.
- Step 2 Cross your right ankle over your left knee and keep your right foot flexed.
- Step 3 Bring your left knee toward your chest. Reach your right hand through your legs and interlace your fingers just below the crease of your left knee.
- Step 4 Using your arms, pull your left knee toward your chest, pausing when you feel a stretch in your right glute and hip.
- Step 5 Hold there for at least five breaths (though you can hold the stretch for up to two minutes) then release and repeat on your left side.

6

butterfly stretch

- Step 1. Sit down on the floor or ground with your legs in front of you.
- Step 2 Reach forward and grab your right foot. It is OK to bend your knee to help your hand and foot connect. Gently pull your right foot up towards your groin bending until it is at a comfortable spot and the sole of the foot is facing your left thigh.
- Step 3 Bend your left knee to bring your left foot toward your groin so that its sole touches the sole of your right foot.
- Step 4 Hold your feet with your hands and rest your elbows on your knees.
- Step 5 While keeping your back straight (no slouching), allow your knees to fall towards the ground. You can apply gentle pressure on the inner thigh by pressing gently on the knees with the elbows. You should feel gentle pulling and tension in the groin.
- Step 6 Hold the stretch for 20 to 30 seconds.
- Step 7 Release and repeat three times.



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lunging hip flexor stretch

- Step 1: From a standing position, take a big step forward with your right foot as if you were doing an extended lunge. Plant your right foot firmly on the ground.
- Step 2: Place your arms gently on your right thigh and lean forward until you feel a stretch in your left hip. Keep your back and head upright. Do not put too much weight on your right thigh and do not overextend the knee past your right ankle (this could cause unnecessary strain on your knee).
- Step 3: Hold for 15 to 30 seconds. For a deeper stretch, activate your left glute muscle as you continue to lean forward.
- Step 4: Release and return to the starting position.
- Step 5: Switch sides and repeat.



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lunge hip flexor stretch with rotation

- Step 1 Stand with your feet together.
- Step 2 Take a big step forward with your left foot, so that you are in a staggered stance.
- Step 3 Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh.
- Step 4 Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.
- Step 5 Hold for 30 seconds to 2 minutes.
- Step 6 Repeat on the other side.

9

spinal side twist stretch

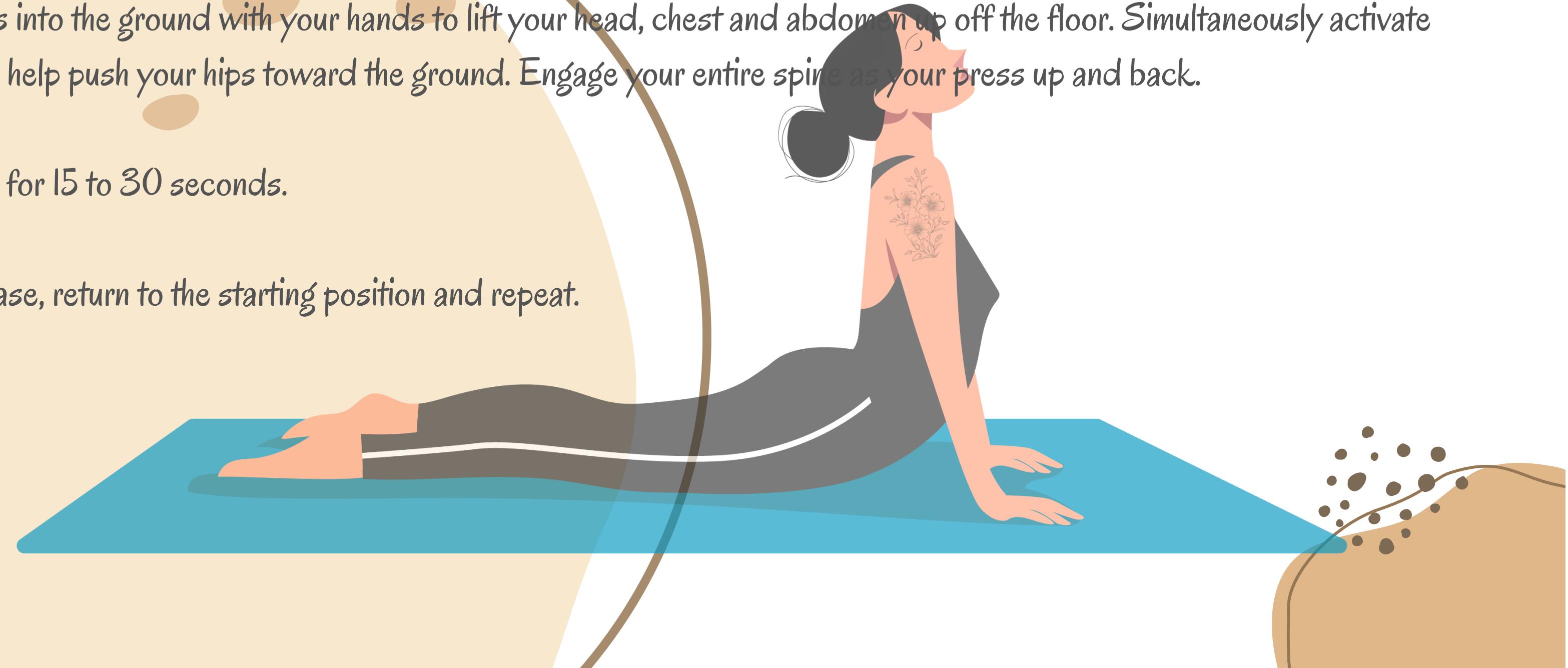
- Step 1 Sit cross-legged with one leg folded in front of the other and your back straight.
- Step 2 Bring your left hand to your right knee and place your right fingertips on the mat behind you. Inhale, sit up tall—lengthen your spine. Exhale, twist from the base of your spine to the right.
- Step 3 Make sure that your spine is straight before taking the twist and keep your eyes at eye-line.
- Step 4 If you're unable to sit cross-legged with your back straight, sit on the edge of some cushions or blocks to lift your hips up higher than your knees.
- Step 5 Hold the pose for 3-5 breaths on each side. Inhaling to lengthen your spine and exhaling to deepen the twist.



10

cobra press up stretch

- Step 1: Lie down on your stomach with your elbows bent and hands flat against the ground on either side of your shoulders.
- Step 2: Press into the ground with your hands to lift your head, chest and abdomen up off the floor. Simultaneously activate your glutes to help push your hips toward the ground. Engage your entire spine as you press up and back.
- Step 3: Hold for 15 to 30 seconds.
- Step 4: Release, return to the starting position and repeat.

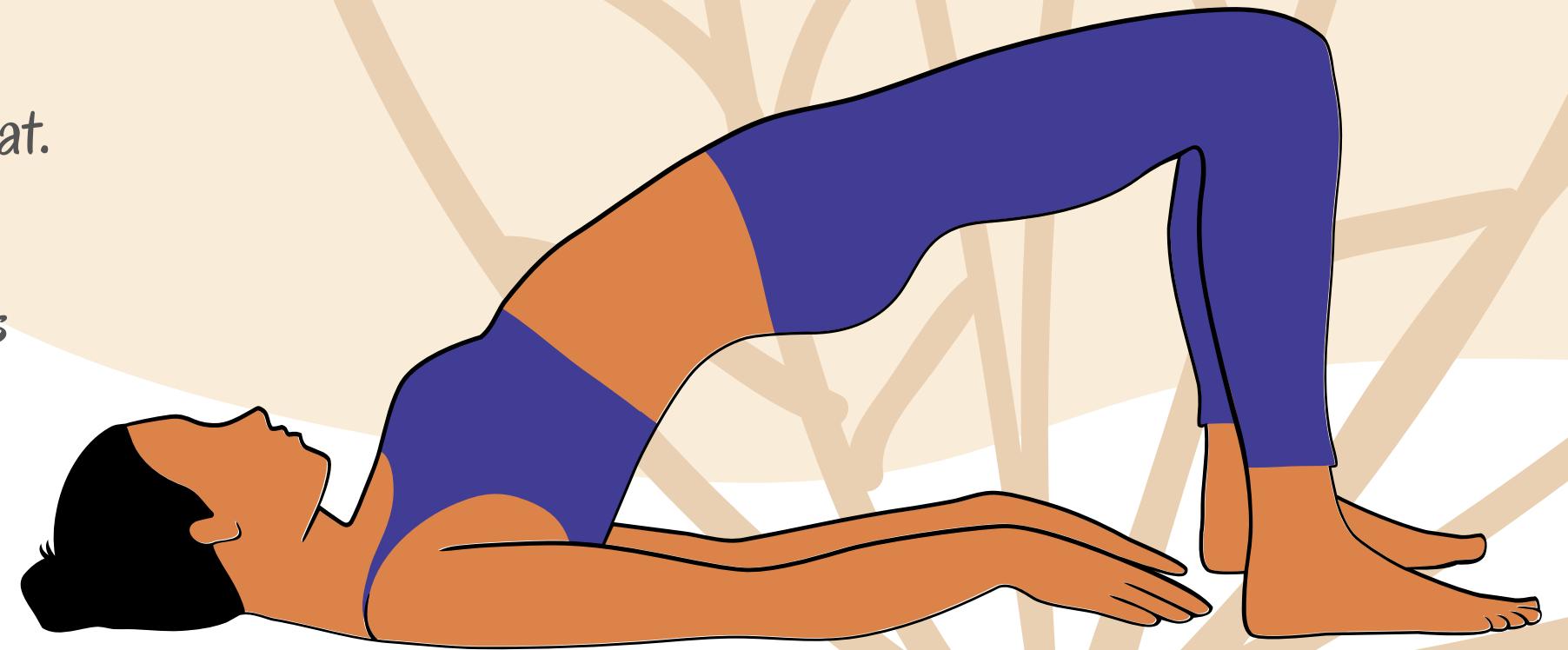




11 glute bridge pose

- Step 1: Lie down on your back with your knees bent and feet flat on the floor. Press into the ground with your heels and engage your glutes to lift your hips until your knees, hips and shoulders are in a straight diagonal line. Keep your head and shoulders on the ground.
- Step 2: Hold for 15 to 30 seconds. In addition to stretching, this will also help strengthen your glutes, hip flexors and surrounding muscles.
- Step 3: Release, return to the starting position and repeat.

My favourite stretch - to intensify this add some light weights





12 bird dog pose

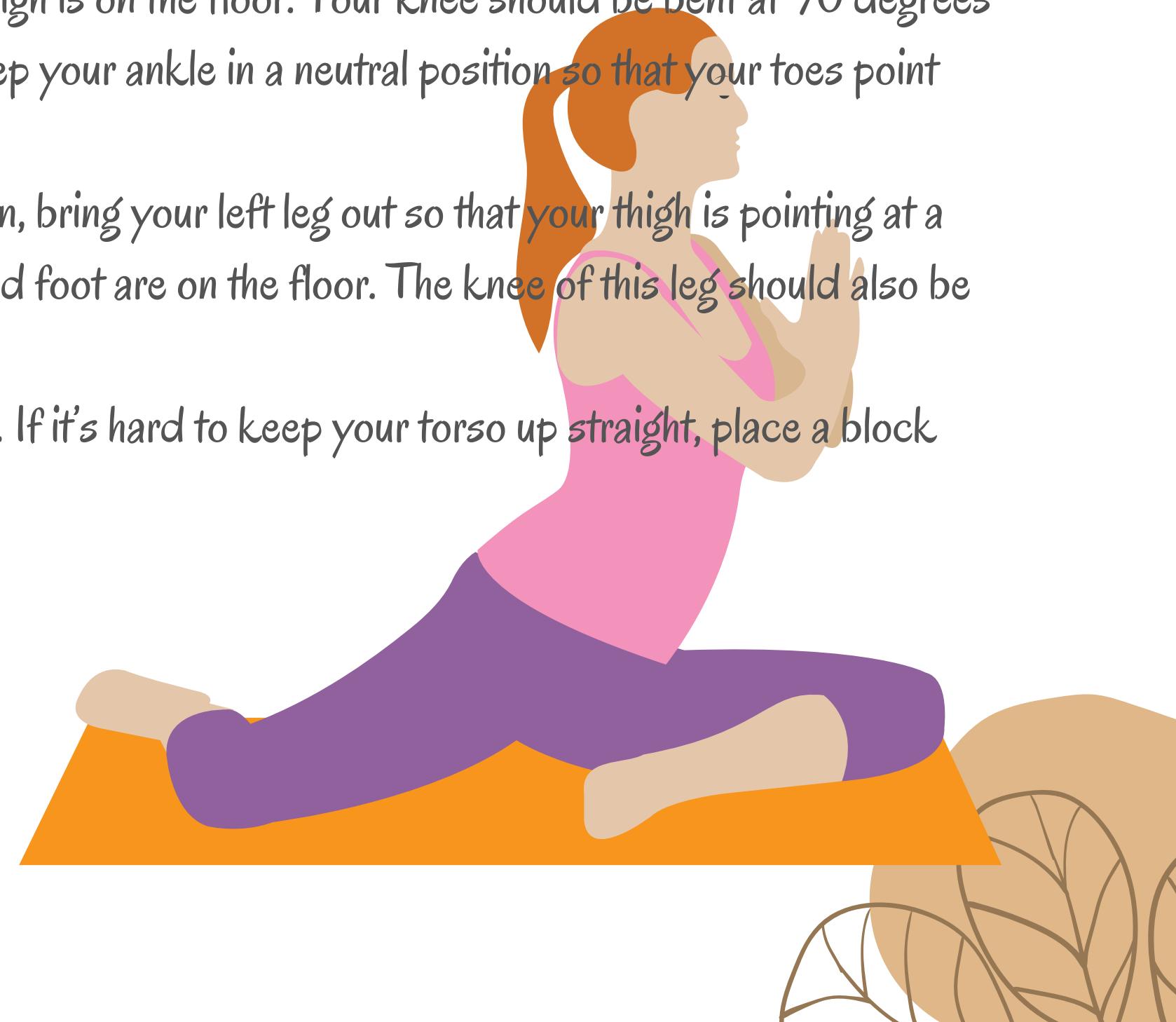
- Step 1 Point one arm out straight in front and extend the opposite leg behind you, forming a straight line from your extended hand to your extended foot. Keep your hips squared to the ground. If your low back begins to sag, raise your leg only as high as you can while keeping the back straight.
- Step 2 Hold for a few seconds, then return to your hands and knees. Keep your abs engaged throughout the entire exercise and work to minimize any extra motion in your hips during the weight shift.
- Step 3 Switch to the other side.
- Step 4 Aim to complete five reps on each side or 10 reps total. Add additional sets of 10 exercises for a maximum of three sets of 10. As a variation, you can do a set of 10 bird dogs on one side, then switch to the other side.



13

90/90 stretch

- Step 1 Sit on a mat or the floor. Take a deep breath and make your torso tall and proud. Bring your right leg in front so your thigh is straight out from your waist, with your thigh turned so the outside of your thigh is on the floor. Your knee should be bent at 90 degrees and the outside of your shin, ankle and foot should also be on the floor. Keep your ankle in a neutral position so that your toes point directly forward.
- Step 2 Maintaining a vertical torso and keeping your right leg in this position, bring your left leg out so that your thigh is pointing at a 90-degree angle away from your torso, and the inside of your thigh, shin and foot are on the floor. The knee of this leg should also be bent 90 degrees and your ankle should be in a neutral position.
- Step 3 Keep your back straight and try to sit into both of your hips equally. If it's hard to keep your torso up straight, place a block under your outside hand, or use one of the variations below.
- Step 4 Hold this position as long as desired.
- Step 5 Switch your legs and repeat on the other side.



14

14: happy baby pose

- Step 1: Lie flat on your back on the floor or a mat.
- Step 2: With your head flat on the mat, bend your knees toward your chest at a 90-degree angle. Face the soles of your feet up toward the ceiling.
- Step 3: Reaching forward, grab and hold the inside or outside of your feet. Spread your knees apart, shifting them toward your armpits.
- Step 4: Flex your heels into your hand and gently rock from side-to-side (like a happy baby). Remain in this position for several breaths, inhaling and exhaling deeply.

15

triangle stretch

- Step 1 From a standing position, step your left foot to the back of your mat and lower the inside of your foot so that your back foot is at an angle. Both legs are long and straight.
- Step 2 Reach your right arm over your right leg and left arm over your left leg keeping arms straight and back long.
- Step 3 Now begin to reach the right hand forward over the right foot lengthening through the waist and slowly tip over so right hand rests gently on your shin.
- Step 4 Lengthen your left arm up stacking your left shoulder over your right shoulder and left hip over right hip. Gaze toward left hand.

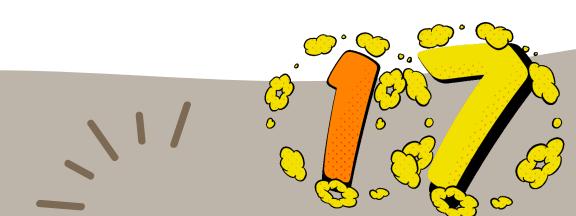




16

three legged dog stretch

- Step 1 Start off on all fours with knees under your hips and shoulders stacked directly over your wrists.
- Step 2 Make sure your hands are shoulder-width apart and fingers spread.
- Step 3 Press your palms into the mat and lift your hips up and back as you come into an upside-down V position. You're now in Downward-Facing Dog.
- Step 4 Step both feet together and on your next inhale, lift your right leg straight up and back, high in the air.
- Step 5 Spread your toes, flex your right foot, push back through your heel.
- Step 6 Internally rotate your right leg so that your kneecap and toes are squarely facing the mat.
- Step 7 Keep your shoulders square and your standing leg strong. Imagine one long straight line from your wrists to your ankles.
- Step 8 Align your ears with your arms and gaze between your legs or up towards your navel.



pigeon stretch

- Step 1 From all fours, bring your right knee forward towards your right wrist. Depending on your body it may be just behind your wrist or to the outer or the inner edge of it.
- Step 2 Experiment with what feels right for you, giving you a stretch on your outer hip without any discomfort in your knee.
- Step 3 Your right ankle will be somewhere in front of your left hip.
- Step 4 Slide your left leg back and point your toes, your heel is pointing up to the ceiling.
- Step 5 Scissor your hips together, by drawing your legs in towards each other. Use some support under your right buttock if needed, to keep your hips level.
- Step 6 As you inhale, come onto your fingertips, lengthen your spine, draw your navel in and open your chest.
- Step 7 As you exhale, walk your hands forward and lower your upper body towards the floor. You can rest your forearms and forehead on the mat.
- Step 8 Stay for 5 breaths or longer.
- Step 9 On each exhalation, try to release the tension in your right hip.
- Step 10 to come out of the pose, push back through the hands, lift your hips and move your leg back into all fours. Repeat on the other side.

18 yoga squat

- Step 1 stand with your feet a little further than hips width distance apart, your spine straight and pelvis tucked under slightly. Your feet should be splayed outward.
- Step 2 Inhale your arms overhead and as you exhale, begin to squat down bringing your tailbone toward the floor. You want to make sure that your feet are flat on the ground and that your heels are not lifting up. If your heels begin to lift up, you can widen your stance to provide more room for the squat. You may not be able to squat all the way down at first, but practice will help.
- Step 3 You can bring your palms together toward your heart center and your knees can be splayed out wide, stretching open your groin and hips.
- Step 4 Stay in this position and breathe deeply for a while.



hope it helps

thank you

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