

Iliopsoas Stretch

Preparation:

- Kneel on the ground, uninvolved leg forwards
- Place your hands on your hips
- Tuck your tailbone under (flattening your lower back)



Lean Forward, Tight Core, Straight Posture

Execution:

- Lean forwards, while maintaining straight posture and keeping your head up
- Avoid arching your low back or let your hips roll forwards

Iliopsoas Stretch (Table)

Preparation:

- Lay on your back with the leg you want to stretch near the edge of the bed
- Bend your other hip and knee up toward your chest



Clasp your hands behind your knee



Slide heel backwards

Execution:

- Drop your leg over the side of the bed; you should feel a definite, but not painful, stretch at the front of the hip and thigh
- To increase the stretch, slide your heel back to increase the bend in the knee

Repeated Lumbar Lateral Shift Correction

Preparation:

- Stand with one elbow against a wall
- Position your opposite hand on your hip

Execution:

- Bend your hips towards the wall
- Slowly return to the start position
- Repeat



Start position



Bend hips toward wall, curving spine

Hip Abductor / ITB Stretch Standing

Preparation:

- Stand with good posture
- Cross inside leg behind other leg
- Place hand on outside hip and have body weight on back leg

Execution:

- Lean trunk away from wall and push hip toward wall



Push hip toward wall

Hip Abductor / ITB Stretch Sidelying

Preparation:

- Lie on your side

Execution:

- Pull ankle of upper leg back as if stretching your quad
- Put the ankle of your lower leg on the outside of your knee
- Apply pressure downwards to feel a stretch in your knee



Pull ankle back as if stretching quad



Front view



Apply downward pressure