

# Performance Static Flexibility Activities

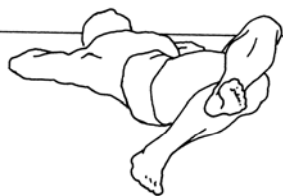


For athletes, a great deal of performance improvements (first step speed, vertical leap etc) comes from improved hip function and absence of hamstring and groin limitations. These stretches emphasize these areas and are ideal to improve performance and also reduce residual soreness after activity. Never perform these activities if in a rush nor should these activities be done in a 'competition' against someone else. Each time that you perform them, you should do the best YOU can do to take and hold these stretches. Perform when the body is already warmed up (such as immediately AFTER a practice or game or immediately upon awakening). When performing each activity, hold for 30-45 seconds and perform each stretch 2-3 times (or 2-3 times for each side of the body if a stretch works only one side of the body).

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## Stretch 1 – Hip External Rotation Stretch

Lie on your back with your right ankle on your left knee. Exhale and bring your left knee up towards your nose, keeping your head, shoulders and spine on the floor. This will bring your right hip into external rotation. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.



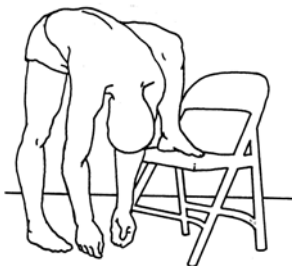
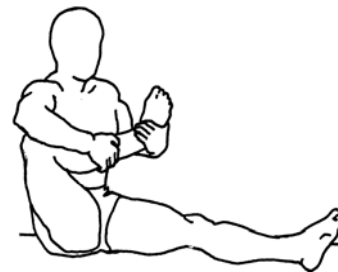
## Stretch 2– Hip Internal Rotation / Adduction Stretch

Lie on your back, knees flexed and hands interlocked under your head. Lift your left leg and hook it over your right leg. Exhale and use your left leg to force the inside of your right leg to the floor, keeping your head, shoulders and spine on the floor. This will bring your right hip into internal rotation and adduction. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.

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## Stretch 3– Hip External Rotation Stretch

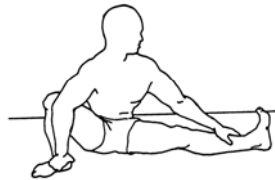
Sit on the floor or grass with your back against a wall, goalpost or partner. Bent the right knee and slide your heel to your buttocks. Hook your knee with the right elbow and grasp your ankle with the left hand. Exhale and bring your right foot to the left shoulder. This will bring your right hip into external rotation. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.



## Stretch 4– Hip Internal Rotation Stretch

Stand with one foot on the seat of a chair. Exhale, bend forward at the hip and lower your hands towards the floor. This will bring your right hip into internal rotation. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.

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## Stretch 5– Hip External Rotation / Abduction Stretch

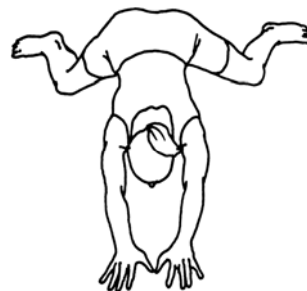
Assume a squat position with your feet flat on the floor. Place all of your body weight on the right leg and straighten your left leg to the side. The foot will roll onto the heel. The right foot must stay flat on the floor. Bring the left calf as low as possible to the floor. Do not utilize your hands to balance against the floor. Grasp the right ankle with your right hand and left ankle with the left hand. Exhale and bring your torso to your straight thigh. This will bring your right hip into external rotation and left hip into abduction. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.



## Stretch 6– Hip Extensor Adduction Stretch

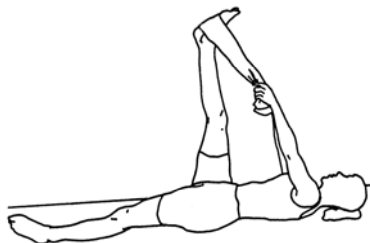
Kneel with your toes pointing out to the sides. Rest your elbows on the floor.

Exhale and spread your knees. Lower your chest to the floor as you slide your arms forward (keeping them parallel). This will bring both hips into flexion and stretch the hip extensors and adductors. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase.



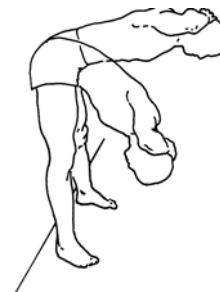
## Stretch 7– Hamstring Stretch

Lying on your back, wrap a rope or towel around the instep of the right foot, inhale and pull the right leg upward from the hip. It is very important to keep the left leg straight against the ground. This can be done by very aggressively pointing the toes of the left foot in the direction of the head. Exhale and pull the right leg to the face keeping the right leg straight at the knee. This will stretch the hamstrings on the right leg and often the hip flexors of the left leg. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.

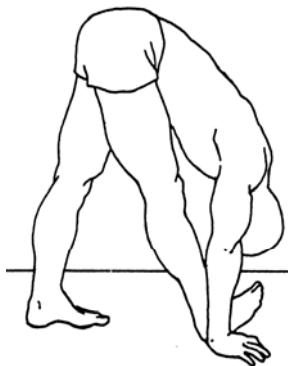


## Stretch 8– Hamstring Stretch

Stand 12 inches away from a wall with the feet shoulder width apart. Interlock your hands on the top of your head, bend forward at the hips and lower your trunk towards your thighs. This will stretch the hamstrings. Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase.



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## Stretch 9– Hamstring / Gastrocnemius Stretch

Stand with your right heel about 12 inches in front of the toes of the left foot. Keep your left heel on the ground at all times.

Lift the toes of your right foot towards your shin (dorsiflexion).

Exhale, lean forward from your hips and try to touch your right foot with your hands and your right leg with your chest while keeping both legs straight.

This will stretch the hamstrings and gastrocnemius (long calf muscle) on the right leg and also the hamstrings of the left leg.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.



## Stretch 10– Hip Flexor / External Rotation Stretch

Sit on the floor with both legs straight and your palms flat on the floor by your hips.

Flex your right knee and place your right foot on the floor so that the right heel touches your left knee. Do not allow your right leg to rise off of the floor.

Inhale and straighten your left leg behind you. The front of your left thigh, kneecap, shi, instep and the upper part of the toes should rest on the floor. Exhale and push your right hip into the floor.

This will stretch the Internal rotators of the right hip and the hip flexors of the left leg.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.

## Stretch 11– Hip Flexor Stretch

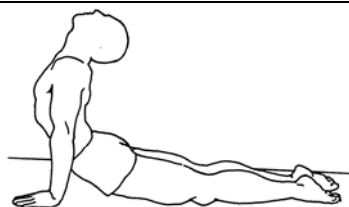
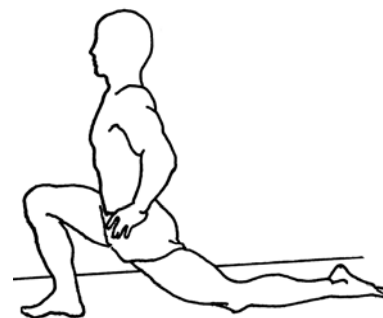
Stand with your legs spread about 2½ feet apart. Bend the left knee and move the body forward over the right knee as you lower your body and place the left knee on the ground.

Point the toes of the left foot so that the top of the left foot rests on the ground.

Place your hands on your hips (or for a greater challenge over your head). Exhale and push the left upper thigh to the ground.

This will stretch the hip flexors of the left leg.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.



## Stretch 12– Abdominal / Hip Flexor Stretch

Lie face down on the floor with your knees and ankles touching and arms to the side. Place your palms on the floor by your hips. Exhale and press down on the floor with your hands. Raise your head and trunk, and arch your back while tightening the gluteal muscles (buttocks) to prevent compression of your lower spine. This will stretch the hip adductors.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase.

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## Stretch 13– Hip Flexor Stretch

Stand with left foot on the top surface of a sturdy chair or counter with a bent knee and slide the right leg back while keeping the right leg straight.

Exhale and lean forward and downward while bending the left knee further.

This will stretch the hip flexors of the left leg.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase. Repeat with opposite side.

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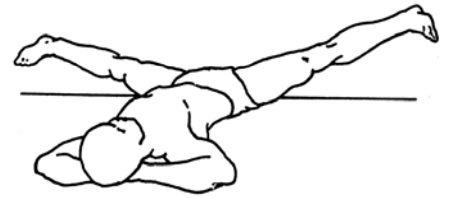
## Stretch 14– Hip Adductor Stretch

Lie on your back with your legs raised and together and your buttocks against a wall.

Exhale and slowly move your feet down to your sides keeping the legs straight.

This will stretch the hip adductors.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase.



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## Stretch 15– Hip Adductor Stretch

Stand with your feet parallel to a supporting surface of approximately hip height.

Keeping both legs straight and your hips square, place the instep of your left foot on the hip height surface.

Turn the right foot outward and turn the left leg towards the ground (medially).

Exhale, keep the left leg straight and bending at the hips, bring your chest to your right thigh.

This will stretch the hip adductors.

Hold for at least 30 seconds and up to 60 seconds, depending upon your training phase.

Repeat with opposite side.

