

# HIP MOBILITY TRAINING

These stretches are designed to increase mobility of your hips which is crucial before any strengthening exercises can be prescribed.



## STANDING HIP STRETCH:



Figure 1 Start position



Figure 2 Initial step backward.



Figure 3 Reverse lunge

A stretch for the right hip will be described

1. Stand tall (Fig. 1)
2. Step back with your right leg (Fig. 2)
3. Perform reverse lunge to increase your stride length.  
Perform on the balls of your rear foot (Fig. 3)

• Notice how the front of your right thigh is beginning to feel a gradually stronger stretch the more you step back.

