

Hip Flexor Matrix

Sagittal Plane

Step 1: Begin by kneeling on one leg and bringing the other leg forward with knee bent and foot on ground.

Step 2: Lean hips forward while bringing your arms above your head until you feel a stretch along back hip in kneeling position.

Repeat process 20 times.



Frontal Plane

Step 3: Place unaffected leg forward with foot on ground, bring affected leg back in kneeling position.

Step 4: Lean hips forward toward while bringing your arms above your head. Lean your body backwards until you feel stretch along back leg in kneeling position, then slowly drop arms from side to side while dropping hips in opposite direction as arms.

Repeat process 20 times.



Transverse Plane

Step 5: Place unaffected leg forward with foot on ground, bring affected leg back in kneeling position.

Step 6: Lean hips forward while bringing your arms above your head. Lean your body backwards until you feel stretch along front of leg that is in kneeling position, then slowly rotate trunk to from right to left.

Repeat process 20 times.

