

MOBILITY_HIP_EXT:

HIP FLEXOR TRIFECTA

SETUP

In each of the following positions, keep the spine straight while extending the hip until you feel a stretch along the front of the hip or thigh.

1. Half kneeling
2. Sidebend in half kneeling
3. Standing

ACTION

-Exhale and contract your gluteus maximus as hard as possible for 5 seconds

FOCUS

-The activation of the gluteus maximus causes the hip flexors to relax via reciprocal inhibition
-Difficulty contracting the gluteus maximus suggests gluteal inhibition

DOSE

-Repeat 5x in each position as needed, typically 2-3x/day and before exercise that requires hip extension or posterior chain mobility



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