

## Hip & Hips program

2 Sets / 1 Rep / 30 sec duration



### 1. Hip gluteal self mobilization foam rolling; 01

Place a foam roller on the floor and position your buttock on the roller. Using your arms, move your buttock forwards and backwards over the roller. You can vary the amount of pressure through your gluteal region by changing the amount of weight you place through your arms. When you find a particularly tender area, hold this position, increasing the pressure through the roller.

2 Sets / 1 Rep / 30 sec duration



### 2. Quadriceps foam rolling, prone; 02

Lie on your front and place the foam roller underneath your leg. Bend the opposite leg and bring it out to the side to help you move back and forth. Roll the entire length of the thigh muscle, staying off the knee joint.

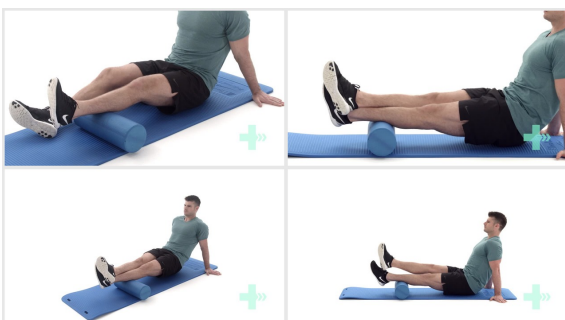
2 Sets / 1 Rep / 30 sec duration



### 3. Iliotibial band foam rolling, side lying; 02

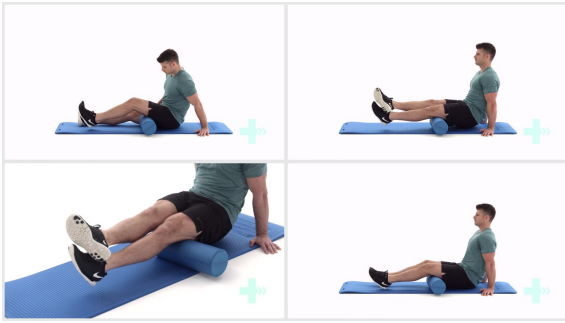
Lie on your affected side and place the foam roller underneath the IT band. Cross the top leg over the front of the lower leg to help you move back and forth. Roll from just below the boney bit of your hip, to just above the knee joint. Do not roll over bone on a foam roller, stay on the soft tissue.

2 Sets / 1 Rep / 30 sec duration



### 4. Plantar flexors foam rolling, sitting legs crossed; 02

Place the foam roller underneath your calf. Take the other leg and cross it over so it is resting on your shin in order to apply extra pressure. Balance yourself with your hands as you lift your legs and feet off the floor. Roll back and forth along the calf muscle.



### 5. Hamstrings foam rolling, sitting legs crossed; 01

Take the foam roller and place it underneath the back of your affected thigh. Cross the other leg over the top in order to apply more pressure to the movement. Lift yourself up onto your hands and roll forward and backwards along the hamstring muscle on the back of the leg. Do not roll onto the back of the knee with the foam roller.