

Restoring Hip Motion- with strap

Stretching the hip capsule. The hip capsule is the ligaments around the hip. These often get chronically tight, and keep your hip from flexing (forward motion) and from rotating internally.

1– Restoring flexion– forward motion-R hip is pictured..

Put the strap around your __ R __L thigh, as high up in the groin as possible. The other end of the strap goes around your opposite __L __R foot. Your opposite leg starts out slightly bent, and then straightens to pull the strap tighter and distract (traction) your hip joint. Adjust the strap accordingly. Use both arms to pull the bent leg up toward the chest, to at least 90 degrees, no more than 110 degrees. Relax into this position, its passive; you don't need to do any work. Stay in this position for at least 2 minutes, up to 3-5 minutes.

(If your groin hurts, either bring the bent leg a little lower, or pad the strap where it goes around your groin. If your foot hurts, wear shoes.)



2– Restoring internal rotation– Left hip pictured below. Start with the strap looped just above your __L __R knee, with your leg up in a 90/90 position. Wrap the doubled strap around the inside of the foot, and bring to outside of foot, then bring the doubled strap back up to the inside of your knee. The strap is like a figure 8. Hold the strap with your opposite __R__L hand.

Actively pull your foot outward against the resistance of the strap. You can also push the foot out against a wall, or against the side of a chair or couch. Pull your bent knee inward toward your hand. You can use your hand to give your knee more resistance. . Stop immediately if this position



or pull stresses your knee. Make sure that you use your core to hold your pelvis stable as you do this exercise. Hold for 10-20 seconds, repeat 3-5 times, 2X per day.