





Let's Practice Hip Muscle Strength and Flexibility







(see final pages for information on anatomy and physiology)





Quadriceps (front), Hamstrings (back), Adductors (front inner), Gluteals/Glutes (back), Iliotibial/IT Band (side)




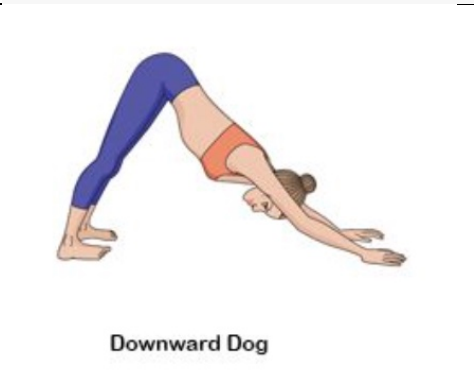


Everything, Everywhere, All at Once





Props: Wall, Chair, Blocks

Phase	Instruction/Pose	Image
Standing	Tadasana Mountain Pose	 <p style="text-align: center;">Mountain Pose</p>
	Vinyasa	Standing FB, Side Stretching, Twisting, Anjali Mudra – Repeat
	Downward Dog/ Forward Bend hybrid to chair Glutes and Hamstrings	
	Standing Balance Quad stretch – leg to chair	
	Triangle Pose with Block Adductor stretch	

	<p>Downward Dog/ Forward Bend hybrid to chair</p>		
	<p>Wide Legged FB Release Align & Balance Hips to Feet</p> <p>Quads, Hamstrings, Glutes, Adductors strength and flexibility</p>		
	<p>Wide Legged move side to side and then bending knee/lunge</p> <p>Move softly and slowly with hands on the floor for support</p> <p>Adductor lengthening on back leg</p>	<div data-bbox="711 898 912 1039">  </div> <div data-bbox="1109 898 1310 1039">  </div> <div data-bbox="662 1102 1198 1528">  </div>	
	<p>Downward Dog w/ blocks for a lift</p> <p>Then sweep one foot forward into a lunge</p>		

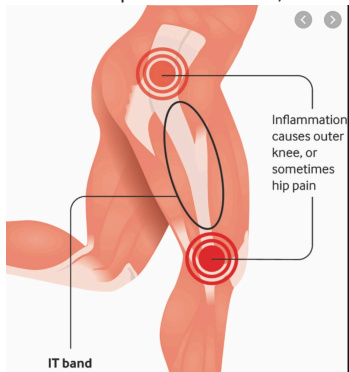
<p>Low Lunge</p> <p>From the Forward bend, shift your feet to one side and then bend your front knee and lower the back knee to the floor</p> <p>Hands can remain on the floor, on your thigh or arms raised overhead</p> <p>Quadricep/Thigh stretch back leg</p> <p>Front leg strength</p>		
<p>Wide Legged FB</p> <p>Then switch sides for Low Lunge</p>		
<p>Tadasana Mountain Pose</p>		 <p>Mountain Pose</p>
<p>Warrior 2</p> <p>First dynamically in and out of the pose and then hold</p>		

	<p>Side angle</p> <p>Lower hand to thigh or floor or onto a block</p>	 
	<p>Warrior 1</p> <p>Or High lunge with blocks</p>	
Transition to the Floor	Downward Facing Dog	 <p>Downward Dog</p>
Seated	Dandasana Stick Pose	
	<p>Seated Twists</p> <p>IT Band stretch</p>	

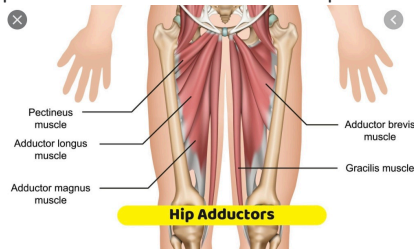
	Seated FB		
Reclining	Transition onto back		
	Hip Release IT Band on one leg and adductors on the other		
	Cradling Your Leg or Hip Opener - with bent knees and feet on the floor, cross one ankle over opposite knee and then lace fingers behind that knee and gently lift foot from the floor. NOTE: This photo shows tension in her shoulders. Try to relax out of that gripping. IT Band		

A LITTLE GOOGLED ANATOMY AND PHYSIOLOGY

The iliotibial band (IT band) is also known as the iliotibial tract or Maissiat's **band**. It's a long piece of connective tissue, or fascia, that runs along the outside of your leg from the hip to the knee and shinbone. The **IT band** helps to extend, abduct, and rotate your hip.

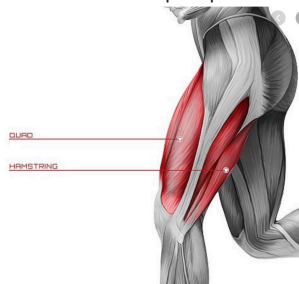


The adductors are a group of muscles, as the name suggests, that primarily function to adduct the femur at the hip joint. Although they are all located somewhere along the medial side of the thigh, they originate in different places at the front of the pelvis.

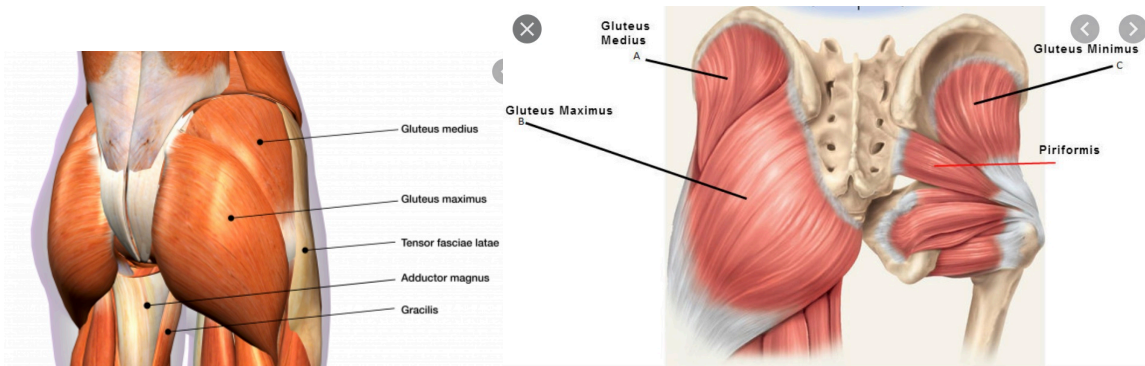


To Adduct - a transitive verb. : to draw (something, such as a limb) toward or past the median axis of the body also : to bring together (similar parts) **adduct** the fingers.

The hamstrings are a group of muscles that cross the hip and knee joints and are responsible for walking, running, jumping, and many other physical activities. The **hamstrings** flex the knee joint and extend the thigh backward to propel movement.



The gluteal muscles, commonly called **glutes** are a group of three muscles which make up the buttocks: the **gluteus** maximus, **gluteus** medius and **gluteus** minimus. The three muscles originate from the ilium and sacrum and insert on the femur. The **gluteus** maximus muscle exhibits four **actions** on the hip joint; extension, external rotation, abduction and adduction of the thigh. When its proximal attachment is fixed, **gluteus** maximus acts as the main extensor of the hip joint, pulling the shaft of the femur posteriorly.



Thigh Muscles: Quadriceps Femoris. The quadriceps femoris consists of four individual **muscles**; three vastus **muscles** and the rectus femoris. They form the **main** bulk of the **thigh**, and collectively are one of the most powerful **muscles** in the body. **Actions:** Extends the knee joint and stabilizes the patella. The iliopsoas is actually two muscles, the **psoas major** and the **iliacus**. They originate in different areas, but come together to form a tendon, hence why they are commonly referred to as one muscle. **Actions:** Flexes the thigh at the hip joint.

