

**Hayforks: Hip Flexor Stretch in Lunge Position with a Stick**

Stand in split position with your target leg (right in photo) extended behind you. The knee of your forward leg should be slightly bent. The key to a good hip flexor stretch is to drop your weight forward through the target hip, while maintaining a posterior pelvic tilt. In other words, "tuck your tail", or roll your sits bones downward. As you do this, use the stick to help lengthen through your torso- as though pitching hay. You can rotate away (to the left) but do not hyperextend your spine.

You can rotate your hip such that you are toed in or toed out to change the tension through the hip flexors.

**Stranded Starfish Prone**

Begin on your stomach with arms out. Open up the front of the target hip (right in photo) by swinging leg back and across midline. You will ultimately end up more on your side than stomach. Turn your head opposite (left) away from the target hip.

**Stranded Starfish Supine**

Begin on your back with your arms out. Swing your target leg (right in photo) in front and across midline. You may ultimately end on your side (left) than supine. Turn your head towards the target hip (right) as tolerated. You can incorporate active knee extension to increase stretch through the hamstring, bending and straightening the knee 3-5 times as you hold the stretch.



Active Hamstring Stretch

Lie on your back with your target hip at 90 degrees. Interlace your fingers and place behind your thigh. Contract your glutes and hamstrings in an effort to forcefully extend your hip (push). Hold 2-3 seconds. No motion should occur at the hip. Relax and immediately contract your quadriceps to straighten your knee (pull). Hold 10-20 seconds. Repeat 2-3 times.



Figure 4 Starting Position

The Fab 4 series includes 4 exercises that all begin from a Figure 4 position. To begin, lie supine with the hip and knee of one leg (left in photo) bent and foot planted. With the opposite leg, form a figure 4 by resting the ankle of the top leg on the thigh of the planted leg.



Fab 4 Piriformis

This is the first pose in the Fab 4 series. Let your planted foot come off the ground. Cross your hands behind the thigh of the lower (left) leg. Use the same elbow as the figure 4 leg (right) to open that target hip even further by pushing the thigh away. Gently draw the non-target thigh (left) closer to your torso.

Contract-Relax: using your right elbow to block motion, perform an isometric contraction by firing your target hip muscles (right) inward (internal rotation). Hold 2-3 seconds, relax, and use the right elbow to further open up the target hip, pushing outward (external rotation). Hold 10-20s. Repeat 2-3 times.



Fab 4 Hip External Rotation Opener

This is the second pose in the Fab 4 series. Use your same side hand (right) to apply gentle pressure away to open up the target hip (right) into external rotation. Keeping your opposite (left) foot in contact with the ground, rotate the Fig 4 complex away, drawing the top target leg across midline (towards the left). The lower leg may be nearly flat on the supporting surface, allow ankle to roll inward. Apply gentle overpressure outward to open the target hip (right) into external rotation as your move through the arc of motion.

Contract-Relax: at the end of the arc of motion, use your same side hand (right) to block movement as you contract your right hip muscles inward (internal rotation) to meet the resistance. Hold isometric contraction for 2-3 seconds, relax, and further the stretch into external rotation as tolerated. Hold 10-20 seconds. Repeat 2-3 times.



Fab 4 IT Band

This is the third pose in the Fab 4 series. Allow the figure 4 configuration of the top target leg (right) to fall inward, across the midline. The foot of the top leg (right) may lose contact with the bottom thigh, allow ankle to roll inward. Use the opposite (left) arm to gently put overpressure on the top hip, pulling it closer to the floor to stretch the IT Band of the target top leg (right).

Contract-Relax: using your top arm (right) as a block, contract the target hip outward using glutes. Hold isometric contraction for 2-3 seconds, relax, and then use your hand to put gentle overpressure, drawing the knee closer to the floor. Hold 10-20 seconds. Repeat 2-3 times.



Fab 4 Flopposite Hip Internal Rotation Opener

This is the fourth pose in the Fab 4 series. The target leg now shifts to the LOWER leg (left). Let the figure 4 configuration flop outwards, assisting the target (left) leg into internal rotation. Use the heel of the top leg to further assist gravity in drawing the left leg further towards the ground. Place your arms perpendicular from your torso and look away from the stretch.

Contract-Relax: using your heel as a block, perform an isometric contraction using your target leg (left) glutes and external rotators. Hold 2-3 seconds. Relax, and apply overpressure as tolerated and hold 20-30 seconds. Repeat 2-3 times.