

Hip Flexor (Iliospoas) Stretch



Why?

Tight hip flexors can contribute to a variety of problems such as back pain and twisting while you run/walk.

How?

- Keep the back foot rotated inward
- Push the stretched hip out and forward
- Squeeze the butt (gluteal muscles) forward
- First feel the stretch in the front hip/pelvis area
- Then reach your arm and body back and to the opposite side until you feel a deep stretch just above your hip in the abdominal area

Explanation:

The iliospoas muscle has two **superior attachments** – one into the pelvis AND the other into the entire lower back vertebrae (lumbar spine). Because of these attachments to the lower back, leaning away from the stretched leg is necessary. The **inferior attachment** is on the inside of the leg bone (femur) so keep your back toe straight or pointed inward for a full stretch.

Sets:	2
Hold:	15 seconds – 1 minute
Frequency:	After or between runs

Dynamic Alternatives*:

Speedwork, strides, leg swings (forwards and backwards) and ABC drills

***Dynamic Alternatives:**

- ***Strides:** Slightly exaggerated stride length when running fast. Slowly accelerate and decelerate over 60 -100 metres, 4-8 times.
- ***ABC drills:** A combination of 3 techniques including (A) high knees, (B) “horse stomp” and (C) butt kicks. You will need to get a feel of this through instruction from a coach/experienced runner. For a video demonstration go to:
www.youtube.com/watch?v=Eit3pGym2Dg&feature=related, or
http://www.youtube.com/watch?v=nTRnyGe_wpk&feature=related
- ***Speedwork:** A variety of intervals of faster and slower running. General guidelines are faster intervals of 30 seconds to 5 minutes followed by recovery of half the time of the interval.
- ***Leg swings:** While standing on one leg swing the opposite leg forwards and backwards or side to side (across your body) under control to the end ranges. Brace* your core to prevent your back from twisting. For a video demonstration please go to "grapevine" video by scrolling down the following web page:
http://www.completerunningprograms.com/Dynamic_warm_up_for_runners_s/53.htm