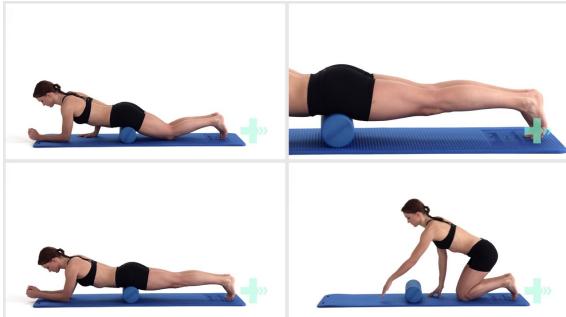




Myogen Performance
14 Huddart Court
Mitchell, ACT, 2911

1 Set / 1 Rep / 2 min duration



1. Hip flexor foam roll

Kneel down with a foam roller in front of you.
Move down into the prone position placing the foam roller under the top of your thighs.
Start rolling up and down to find the most painful location.
Once you have identified the source of the pain, contract your buttock muscles and point your foot.
Hold for 20-30 seconds and feel the area of discomfort softening.
Return back up to the kneeling position by walking your hands backwards and supporting your body until you return upright.

Repeat on each side

Variation; Bend the knee to 90 degrees & push heel to the sky (donkey kick)

Great for opening the front of the hip while helping to activate the glutes

1 Set / 1 Rep / 1 min duration

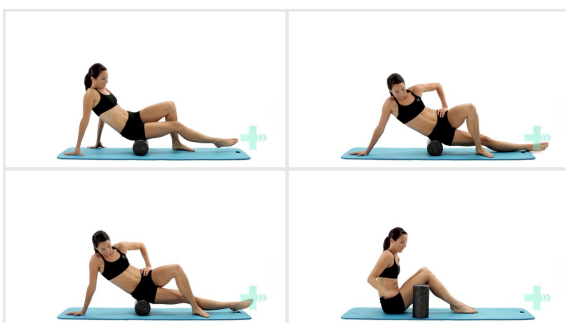


2. Hip adductor foam roll

Lay face down and place the foam roller "sideways" underneath the medial thigh.
Pull your hip towards you, and push it away from you creating a rolling motion.

May also find static points of release by dragging hip forward to feel a fascial tissue stretch (this will likely have a burn quality/ feel)

1 Set / 1 Rep / 2 min duration



3. Lateral hip foam roll

Place the foam roller underneath the right hip.
Cross your left leg over the right leg and use that cross-over leg to help move you back and forth.



4. Lateral gluteal self massage and trigger point with spiky-ball

Place the spiky-ball on the floor and lie on your affected side.

Position the side of your affected buttock on the ball.

Using your arms, move your buttock over the ball.

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 ball.

You may use any ball that is comfortable (and repeat the above process)

- Tennis Ball
- Soft Ball
- Lacrosse Ball