



@UNCSportsMed

THREE-STEP

Hip Mobility

ROUTINE

Sitting in a chair more than usual during quarantine? Use the “hip rock” series to stretch your groin, quads, hamstrings and hip flexors, and mobilize the hip joint.

Add these three mobility exercises to your daily routine during quarantine!

Perform 10 rocks on each side in each position.

Rocking = Moving deeper into the stretch, holding for 1-2 seconds, then returning to the start position.

