



Anterior chain stretch:

This exercise stretches the tissues of the anterior chain to allow greater hip extension. Place one knee on a towel with the foot propped up against a ball. The flexion at the knee should allow you to maintain a neutral position at the spine and pelvis.

Engage the glutes to posteriorly rotate the pelvis. This significantly increases the tension on the insertions of the rectus femoris and the psoas on the lesser trochanter. Do not increase tension to the point of pain. Hold the stretch for 30-60 sec before switching sides.

Set-up

- On the desired side of stretch, place the knee on a towel, elevate the foot to the point of first awareness of stretch in the region of the anterior hip, opposite hip and knee in a lunge position (at 90 degrees flexion or slightly greater).

Performance

- Keeping the pelvis and spine upright/neutral, move the hip into extension to the point of awareness of stretch in the anterior hip.
- At point of first awareness hold position and engage the same side glutes.
- Hold stretch 30s to 1 minute at a comfortable stretch, repeat on each side 2 to 3 times.

Coaching Cues

- Maintain a neutral posture through the spine and pelvis throughout stretch.
- When engaging the gluteal musculature, have the client think of pushing the femoral head forward.
- Stretch should remain in a comfortable range. Pain will cause reflexive contraction which will counter the clients efforts.