

INJURY PREVENTION AND RECOVERY:

HIP FLEXOR

AREA OF PAIN – HIP FLEXOR:



- Pain can be felt as a tightness in the front of the hip / top of the quad.
- The pain can become more noticeable the faster you go.
- Tenderness when pushing directly on the hip flexor area.

PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Attend practice DAILY and follow the Stage 1 or Stage 2 plans for recovery.
- Cross train daily with activities approved by your coach.

STAGE 1 – PREVENTION OR ON-SET

MONDAY, WEDNESDAY, FRIDAY

- 2 x Ab Routines “A”
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

TUESDAY, THURSDAY, SATURDAY

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x Specific Strength
- Ice

RUNNING MINUTES

DAYS 1,2,3 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 4,5,6 – Warm-up, Plyos, 15-20min run (easy pace)

→ **AFTER THE 6 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

*ROUTINES LISTED ON THE BACK

STAGE 2 – FULL INJURY

MONDAY, WEDNESDAY, FRIDAY

- 2 x Ab Routines “A”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

TUESDAY, THURSDAY, SATURDAY

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Ice

RUNNING MINUTES

DAYS 1,2,3 – Warm-up, Plyos

DAYS 4,5,6 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 7,8,9 – Warm-up, Plyos, 15-20min run (easy pace)

→ **AFTER THE 9 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

INJURY PREVENTION AND RECOVERY:

HIP FLEXOR

ABS "A"

1. Heel Touch Crunches (1min)
2. Side Heel Touches (1min)
3. Regular Plank (1min)
4. Straight Leg Lifts (1min)
5. Mummies (1min)
6. Bicycle Crunches (1min)

ABS "B"

1. "V" Sits – Runners (30sec)
2. Supermans (1min)
3. "V"Sits - Flutter Kicks (30sec)
4. Reverse Plank (1min)
5. "V"Sits - Scissor Kicks (30sec)
6. Bent-Arm Side Plank (45sec each)
7. Side-winder Sit-Ups (1min)

FORM DRILLS

1. "A"Walks (30sec)
2. "A" Skips (1min)
3. Bound Ups (Uphill) (1min 30sec)
4. Pacers "A" (1min)
(High Knees 180 step per min)
5. Pacers "B" (1min)
(Butt Kickers 180 step per min)
6. Ground Runners (1min)
(Arm Swings 180 per min)

GENERAL STRENGTH

1. Forward Lunges (Alternating) (1min 30sec)
2. Single Leg Bridges (Left, then Right) (45sec each)
3. Straight Leg Clams (Left, then Right) (45sec each)
4. Calf Raises (Left, the Right) (45sec each)
5. Hip Dips (Left, the Right) (45sec each)

MASSAGE / FOAM ROLLER

Massage the glute, front of the upper thigh and hip socket deeply focusing on areas of tightness. A tennis ball can be a great tool for massage.

If any of the Ab exercises (or other exercises above) cause increased pain to your area of injury, discuss this with your coach before continuing.

AB WORK: Weak core muscles can sometimes contribute to this injury. Improving core strength though AB routines can help with this.

ICING

Ice the hip flexor for 7-10min. Avoid having ice directly touch the skin.

SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with Hip Flexor:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Hip Flexor Stretch	2 x 20 sec	2 x 30 sec	2 x 30 sec
2. Piriformis Stretch (Left, then Right)	2 x 20 sec	2 x 30 sec	2 x 30 sec
3. Mini Squats (Left, then Right)	2 x 20	3 x 20	3 x 25
4. Decline Situps (if bench available)	2 x 20 sec	2 x 30 sec	2 x 45 sec
5. Spider Man Lunges (L, R)	2 x 10	2 x 15	2 x 15
6. Straight Leg Raise (L,R)	2 x 10	2 x 15	2 x 15-20