

# 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.
- Part of the recovery process is strengthening the muscles, tendons & ligaments that are weak. These weak areas are the reason the injury occurred in the first place. Do not expect to fully recover by simply resting. Strengthening the body is a critical step in returning to full training.
- Continue Specific strength exercises two weeks after the injury is fully healed.
- **Attend practice DAILY and fill out an Injury Worksheet for Stage 1, 2, or 3 recovery.**

### STAGE 1

#### 3 DAY RECOVERY PLAN

INJURY PREVENTION

### STAGE 2

#### 6 DAY RECOVERY PLAN

INJURY ON-SET

### STAGE 3

#### 8 DAY RECOVERY PLAN

INJURY RECOVERY

*\*ROUTINES LISTED ON THE BACKSIDE*

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## 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)

### 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)

### 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 massaging the hip area.

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

### 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)

### 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)

**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.**

### ICING

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

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### 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