

Mobilizing Your Hips

When we mobilize, we are working deeply on the connective tissues, (including muscle, fascia, tendons, and ligaments).

When we mobilize, we should follow 3 rules:

1. Go across the grain or with the grain of the muscle fibers.
2. Stay on a tissue until it changes (pain reduces).
3. Try different tools to see what is appropriate (in your case) to mobilize the tissues. Examples include softball, foam roller, PVC pipe, knobby foam roller, tennis ball, and a lacrosse ball
 - a. Hip flexors/quads



- b. Hip Adductors



c. Glutes



d. IT Band

