



Self-Hip Flexor Release

A four inch ball is used to facilitate releasing the hip flexor region. Once you have been instructed in its use by your therapist, place the ball on the bed or floor. Lie face down on the ball in the general area of the lower abdomen. During the first few sessions you work with the ball, you should move the ball into all areas of the abdomen, avoiding the bones of the pelvis and ribcage. Include the navel area as well. Be aware of regions that reproduce your pain or symptoms, or just areas of tightness. Once you find these areas, you should stay stationary on the ball for 5-10 minutes, or as directed by your therapist. You can then proceed to another area of tightness or take a break. Slow, progressive self stretching may require you to work an area for many days. If anything seems like too much pressure or pain, move to another area or stop to consult with your therapist.

If you have any inserted mesh from surgeries, avoid self treatment in this area. It is not only safe, but recommended, to treat directly over scars.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.