

MET for Hip Flexors and Extensors



This is stretching hip extensors on the right and hip flexors on the left.

Indications

This may be helpful for clients with pelvic torsion, where one leg appears longer than the other.

Cautions

All work needs to be pain-free.



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Technique

This technique simultaneously stretches the hip flexors on one side and the hip extensors on the other side.

Have your client lie supine on the table, with one leg hanging off the side and the other leg raised so that their foot can press into your hand.

Place a hand on your client's knee and gently press it toward the floor. Press forward with your other hand so that the other knee goes toward their chest. Bring your client to a position of maximum stretch, then ask them to press with 10% of their strength for 10 seconds, pushing their foot into your hand, and their other knee up toward the ceiling. After they push for 10 seconds, have them move in the opposite direction to a greater stretch and assist them with that stretch.

To use this technique for pelvic torsion, we want the pelvis on the long leg side to rotate back, so we would stretch the hip extensors (push their knee toward their chest). The pelvis on the short leg side needs to rotate forward, so we stretch the hip flexors (push their knee toward the floor).