



**HIP FLEXOR
STRENGTH
&
REDUCING
MS HUG**



HIP FLEXOR STRENGTHENING & REDUCING MS HUG

**THE
MS
GYM**

Rise & Move

REDUCING SPASTICITY (30-60 sec release)

Spinal Erector Release (30-45 Second Massage)



1. Place back of fists (knuckles) on each side of spine
2. Massage muscles along spine
3. Use circular or cross-fiber directional rubbing
4. OR sit at back of chair with Lacrosse Balls between body and chair on side of your spine

Seated Adductor & VMO Release (30-45 SECOND RELEASE)



1. Sit on edge of chair-Legs wider than shoulders
2. Lean back slightly- fingers at Inguinal crease (groin)
3. **MASSAGE DOWN ADDUCTOR down to VMO**
4. You can also use a ROLLING PIN

Quad Release (Rectus Femoris)- (Middle Quad)



1. Wrap hands around leg with thumbs in the middle of thigh
2. **Massage tender spots down the length of thigh for 15-30 seconds**
3. If you feel spasticity in hip, lean back a bit

Quad Stretch (Hold and release stretch 5 reps)



1. Place foot behind you – bend knee
2. **ABS IN - Slowly lean back until you feel a stretch in your quad**
3. **AVOID ARCHING LOW BACK**
4. Squeeze glute – Tip pelvis back
5. Hold 3 sec-Release- Repeat

NOTE: Foot does not have to be dorsiflexed to be effective

Soleus Release (massage 30-60 seconds)



1. Wrap hand around back of lower leg
2. **Gently massage or squeeze muscles of calf/soleus**
3. Apply steady pressure to any spots that are SUPER sensitive

TFL Release (30-60 sec massage)



1. Lie on side – Stack Hip/Shoulders
2. Place ball under bottom hip – Front Pocket muscle
3. **Hold / Lie on ball of 30-45 seconds on tender spot**

REDUCING MS HUG

Diaphragm Release (massage tender spots 30 – 60 seconds)

1. Place fingers at base of sternum, curl fingers under ribs
2. Work down ribs feeling for tender spots
3. Massage tender spots 30 – 60 seconds (curl fingers / pull up)



360° Breathing (5 Breath Cycles)



1. Place heels on chair - Knees / Hips at 90 degree bend
2. Pull toes back - Pelvic Floor Up (Kegel) - Pull Abs In
3. Tuck Pelvis - Lengthen Neck - Tuck chin slightly - Place hands on Ribs
4. **INHALE:** Breathe into Hands 2-3 seconds
5. **EXHALE:** Pull Abs In, push into ribs 3-4 seconds

HIP FLEXOR STRENGTHENING

Hip Flexor Top ½ Pulls (5 repetitions per leg)- Use Strap If Needed



1. Heels on chair - Hips at 90 degree bend - Pull toes back
 2. Pull Pelvic Floor Up (Kegel) - Abs In
 3. Tuck Pelvis - Lengthen Neck - Tuck chin slightly
 4. EXHALE: **Slightly lift one foot off chair - Pull leg back using core -**
 5. INHALE: Slow and controlled - Return heels to chair
- NOTE: To Pull Pelvic Floor UP: use the same muscles you would to stop your urine flow mid-stream. These are called Kegel Exercises.**

Hip Bridge + Ball Squeeze (8 repetitions per movement)



1. Squeeze ball b/t knees - Pelvic floor Up - ABS In
2. Tuck pelvis - **Lift hips off ground - Squeeze glutes** – ABS In
3. Hold 2-3 sec - Slowly lower hips – Touch low back - Repeat

Hip Flexor Bottom ½ Pulls (5 repetitions per leg)- Use Strap If Needed



1. Heels on chair - Pull toes back - Pelvic Floor Up (Kegel)- ABS In
 2. Tuck Pelvis - Lengthen Neck - Tuck chin slightly
 3. Place one leg below 90 degrees
 4. **EXHALE: Lift one foot off chair - Pull leg up to 90 USING CORE**
 5. **INHALE:** Slow and controlled - Return heels to chair
- NOTE: To Pull Pelvic Floor UP: use the same muscles you would to stop your urine flow mid-stream. These are called Kegel Exercises.**

Wide Hip Bridge (8 repetitions per movement)



1. **TIP PELVIS BACK - ABS In – BLADES DOWN**
2. Tuck pelvis - **Lift hips off ground - Squeeze glutes – ABS In**
3. Hold 2-3 sec - Slowly lower hips – ABS IN - Touch low back

Hip Flexor Switches (10 repetitions)



1. Heels on chair - Pull toes back - Pull Pelvic Floor Up (Kegel)- ABS In
2. Tuck Pelvis - Lengthen Neck - Tuck chin slightly
3. Place one leg BELOW 90 degrees & One Leg ABOVE
4. INHALE: Slow and controlled
5. **EXHALE: Pull lower leg above 90 - Drop upper leg below 90**

NOTE: To Pull Pelvic Floor UP: use the same muscles you would to stop your urine flow mid-stream. These are called Kegel Exercises.

Hip Bridge [NO BALL] (8 repetitions per movement)



1. Pelvic floor Up - ABS In- Tuck pelvis
2. **LIFT HIPS – SQUEEZE GLUTES – ABS In**
3. Hold 2-3 sec - Slowly lower hips – Touch low back - Repeat