

Hip Labral Tear Correctives

Drills

Level 1

Exercise	Sets	Reps
Lunge Hip Flexor Stretch	1	1 min
Glute Raise ISO	1	30 sec
High Knee Walk	1	2 min
Assisted Groin Stretch	1	1 min

Level 2

Exercise	Sets	Reps
Band Hip Flexor Pull	2	10
Small Box Dip Squat	2	10
Lunge Hip Flexor Stretch	1	2 min
Assisted Groin Stretch	1	1 min

Level 3

Exercise	Sets	Reps
Bench Prone Hip Flexor	2	10
High Knee Skip	2	10
BW Lunges	2	10
Assisted Groin Stretch	1	2 min
Lunge Hip Flexor Stretch	1	2 min