

Hip Mobility Self-Assessment Worksheet for Run-Specific Flexibility

Use a sliding scale of 1 to 5 to grade YOUR muscle lengths for both sides.

Record your assessment results below for each of the three run-specific flexibility assessments.

Choose the number that best represents how you feel.

The movement where you feel the least comfortable is where you have your greatest area of opportunity to improve! Spend the most amount of time there in the beginning of your training. Adjust and adapt as tissue length changes and improves.



For Your Right Hip/Side

	Groin (or short adductors)		Hip Flexors (or anterior hip)		Shin-Box for hip rotators		Seated 90 - 90 for internal - external rotation	
1 - I'm very flexible here.								
2								
3 - The tissues are moderately short.								
4								
5 - I am so inflexible, it hurts!								

For Your Left Hip/Side

	Groin (or short adductors)		Hip Flexors (or anterior hip)		Shin-Box for hip rotators		Seated 90 - 90 for internal - external rotation	
1 - I'm very flexible here.								
2								
3 - The tissues are moderately short.								
4								
5 - I am so inflexible, it hurts!								