



Hip Stretches

Created by Elements of Bodywork Mar 19th, 2020

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SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



HAMSTRING STRETCH - TABLE, BED OR COUCH

Sit on a raised flat surface where you can prop your affected leg up on it such as a treatment table, couch or bed.

While keeping your knee straight to slightly bent, slowly lean forward and reach your hands towards your foot until a gentle stretch is felt along the back of your knee/thigh. Hold and then return to starting position and repeat.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.



Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day

PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.



Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day

PIRIFORMIS AND HIP STRETCH - SEATED FABER STRETCH

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.



Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. Careful to not allow your upper knee to pass your toes during the stretch.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



HIP FLEXOR STRETCH 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



QUADRICEPS STRETCH - SIDELYING

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position until a stretch is felt along the front of your thigh.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



SIDELYING - STRETCH - ILIOTIBIAL BAND - ITB

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



KNEE FALL OUT STRETCH - FABER STRETCH MODIFIED

While lying on your back with one knee bent, slowly lower your knee to the side as you stretch the inner thigh/hip area.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



BUTTERFLY STRETCH - SUPINE

Lie on your back with knees bent and place the bottom of your feet together. Next, lower your knees to the side for a stretch to your inner thighs.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day

HIP EXTERNAL ROTATION STRETCH - SEATED

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, push the top knee downward for a stretch.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



IT BAND / GLUT / PIRIFORMIS STRETCH - LONG SIT

Sit with one knee straight and the other bent and placed over the opposite knee.

Then gently turn your body towards the bent knee side.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



STANDING PIRIFORMIS STRETCHING

Place your leg on top of a table top or bed as shown, maintaining your lower leg parallel to your pelvis (knee flexed to 90 degrees.) Hold in an upright, straight spine position for 45 seconds.

After the first stretch position, lean forward towards your platform and hold for an additional 45 seconds.

Repeat 1 Time
Complete 1 Set

Hold 45 Seconds
Perform 1 Times a Day

