

Hip Stretching

*Hold a stretch for 15 seconds. Be relaxed and breathe through all stretches. Perform on each side 3-5 times.



1



2



3

Hip Flexor Stretch: Place one knee on the floor directly under the hip. Place the opposite foot on the floor directly under the knee(1). Slowly move the hips forward while keeping chest up(2). Alternatively, you can keep the knee off the floor, placing the leg straight behind the body. Lunge forward, again while keeping chest up(3).



1



Piriformis Stretch(1) – Start on back with bent knees. Cross one leg placing ankle on opposite knee. Reach behind the knee and pull it up to the chest. The stretch should be felt in the back of the hip of the crossed leg.

Pigeon Stretch(2-advanced) – Start in position 1 for Hip Flexor Stretch above. Cross front foot across the body. Reach back leg as far back as possible, sitting into the hip of the crossed leg



Hamstring Stretch – While seated on floor, place one leg out straight and the bend the other, placing the bottom of the foot inside the knee of the straight leg. Reach toward the toes, keeping the leg straight. Hold 15 seconds. Repeat other side. Perform each side 3-5 times.



Hip Opener – Standing, raise a knee up so the thigh is parallel to the floor. Bring the knee out to the side, keeping the thigh parallel to floor. Bring knee back in to the starting position. Lower back to the floor.



Adductor Stretch – Stand with your feet wide apart. keep one leg straight and toes facing forward. Bend the other leg and turn your toes out to the side. Lower your groin towards the ground. Rest your hands on the bent knee or the ground.

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