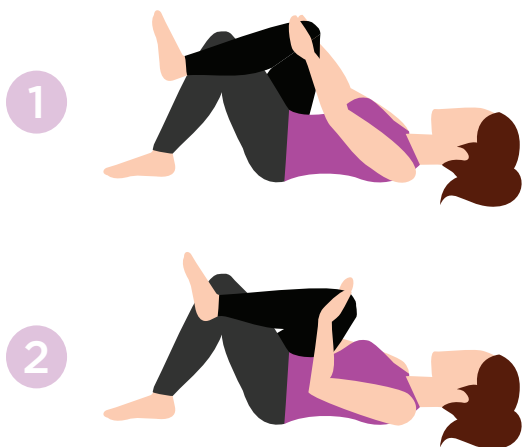


# STRETCHES FOR TIGHT HIPS

Shine365



## Supine Piriformis Stretch

Lie on your back with bent knees, feet flat on the ground. Cross one leg over the other, resting your foot on your knee.

Slowly pull your leg toward the opposite shoulder until you feel a stretch in your butt.

Be careful not to twist or bend your back.

Hold for 30 seconds. Repeat 3 times.

Repeat on other side.

## Modified Thomas Stretch

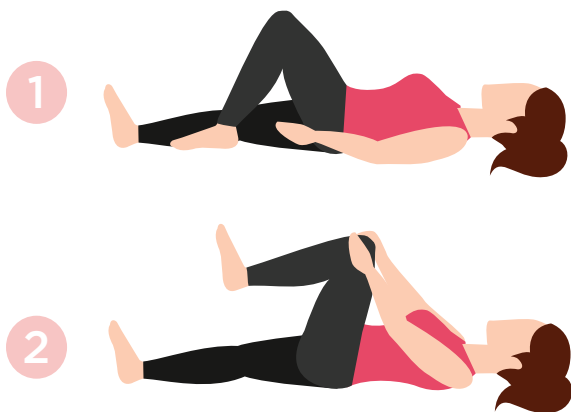
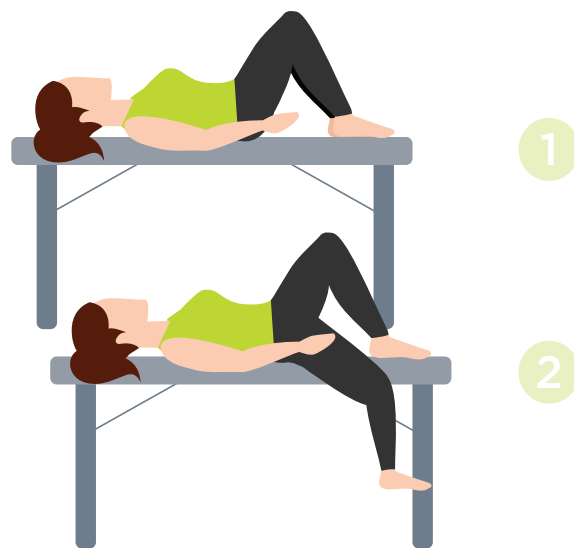
Lie on your back at the edge of a table or bed. Bend your knees and rest your feet flat on the surface.

Lower the leg near the edge until you feel a stretch in your front hip area.

Keep your back flat.

Hold for 30 seconds. Repeat 3 times.

Repeat on other side.



## Supine Single Knee to Chest Stretch

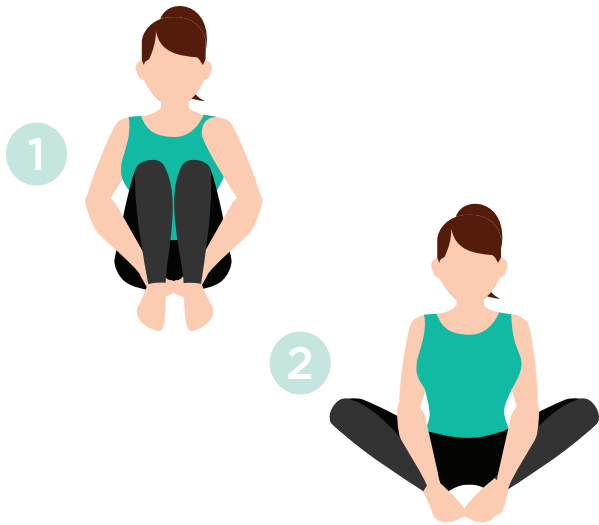
Lie on your back, legs flat.

Slowly pull one knee toward your chest until you feel a stretch in your lower back.

Keep your back relaxed and flat.

Hold for 30 seconds. Repeat 3 times.

Repeat on other side.



### Butterfly Groin Stretch

Sit upright with bent knees and the soles of your feet together.

Gently pull your heels toward your body until you feel a stretch in your groin.

Be careful not to slouch.

Hold for 30 seconds. Repeat 3 times.

### Seated Hamstring Stretch

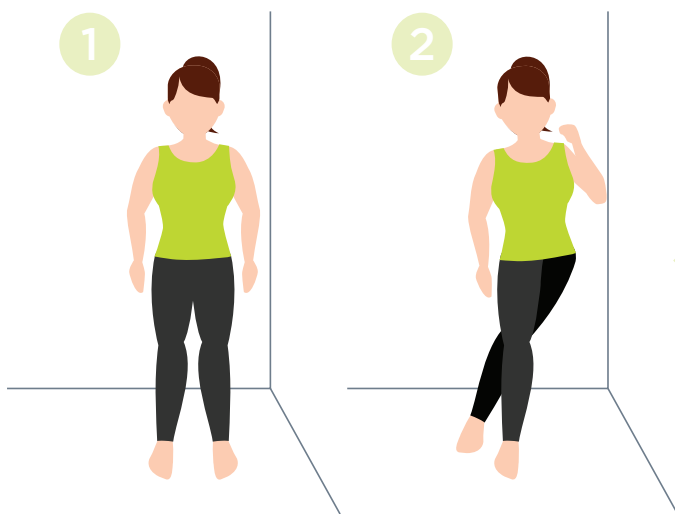
Sit upright in a chair with one leg straight in front of your body and one bent, heels resting on the ground.

Bend forward at your hips until you feel a stretch in the back of your straight leg.

Be careful not to arch your back. Keep your knee straight during the stretch.

Hold for 30 seconds. Repeat 3 times.

Repeat on other side.



### ITB Stretch at Wall

Stand upright next to a wall. Cross your outside leg over the other and place your arm against the wall. Push your hip toward the wall until you feel a stretch in the side of your leg.

Be careful not to lean forward or backward.

Hold for 30 seconds. Repeat 3 times.

Repeat on other side.

# SPREAD THE HEALTH

Print and share these effective hip stretches.