

# lee chiropractic clinic

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## Hip Stretches

Compare the range of motion on the left and right – aim for symmetry.  
Hold stretches for 30 seconds and repeat 1-5 times on each side.

### 1. Piriformis Stretches

Variation 1: Lie on your back. Bend knee and hip to 90 degrees each. Using hand on the opposite side, pull knee across your body. Make sure your lower back stays flat on the floor.



Variation 2: Sitting on the floor with legs stretched out in front of you, lift and place one foot on the outside of the other knee. Use your elbow to push your knee farther across your body.



Variation 3: Standing, cross one leg in front of the other and turn foot inwards and bend forward.



Variation 4: Lying on your back, bend your knees and place your feet on the floor. Cross one knee over the other knee. Grab around both thighs and hug your knees toward your chest.



Variation 5: Lying on the floor with knees across as above, grab the ankles with each hand to pull your knees toward your chest.

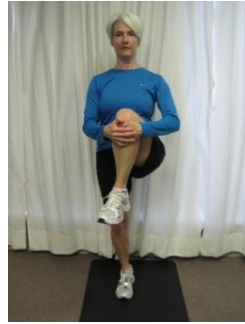


## 2. Gluteus Maximus

Variation 1: Lying on your back, lift a bent knee off the ground and use your hands to pull toward the opposite shoulder.



Variation 2: While standing, pull one knee toward the opposite shoulder as above. Press standing leg into the ground.



## 3. Gluteus Medius

Variation 1:

Step 1: Lie on your back. Bend both knees up, leaving feet on the floor. Cross one ankle to the other knee to begin stretching that hip. Make sure hips are flat on the floor.

Step 2: As above, push knee of the stretching leg away from your body so that it is in line with your foot.

Step 3: Grasp with two hands on the back of the leg that is not being stretched. Pull towards your chest so that both legs come off the floor. Repeat on the other side as directed.



Variation 2:

Step 1: In an appropriately sized chair, sit up tall with both feet flat on the ground. Place one ankle on the opposite knee, maintaining good posture.

Step 2: Push bent knee toward floor. Make sure your pelvis is tall and your posture is good.



## 4. Hip Flexor

Standing, take a larger than average step forward with one leg. Bend the front knee, keeping hips square. Raise your arms overhead and bend to the side, away from the leg that is to the back. Repeat on other side as directed.

