

Hip Stretches

As with all exercises, perform with the guidance of your chiropractor.



Lunge

Kneel down on the floor with your back straight and Your abdominal muscles contracted.

Step forward with your right leg, moving to a slightly upright position, then slide your left foot back until you feel a stretch in your hip.

Drop your left knee to the floor and space your hands on your right thigh to steady your body. Push your hip forward to intensify the stretch.

Hold for three deep breaths.

Repeat on opposite side.



Side Lunge

Stand with your feet wide apart. They should e beyond shoulder-width apart.

Lace your hands behind your head and squat laterally by bending your right leg and keeping your left leg straight.

Bend deeply by sticking your buttocks out behind you while keeping your back straight.

Lower yourself as close to the floor as possible. Keep your feet planted and pointed straight ahead while pushing your right knee outward.

Hold for three deep breaths.

Repeat on opposite side.

ADDITIONAL HIP STRETCH

Butterfly Stretch

Sit down on the floor and bring the soles of your feet together. Your knees should be pointing outward from your body. Sitting in this position may be enough of a stretch for people with limited flexibility.

Keep your back straight and your abdominals contracted. Bring your feet in toward your core. You will feel the stretch in your inner hips. Use your elbows to press down on your thighs and increase the stretch.

Lean forward from the hips. Try to lower your chest toward your thighs while keeping your back straight.

Hold for three deep breaths.

Repeat on opposite side.