

# HIP AND LEG STRETCHES

## GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position.
- Stretch Slowly.
- Stretch in a NO PAIN range of motion.
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1.5 hours – FREQUENCY IS THE KEY!
- STRETCH BOTH SIDES.

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## 1. GLUTEUS MAXIMUS



- Grasp leg at knee
- Pull leg knee toward chest
- Repeat pulling knee toward opposite shoulder

## 2. QUADRATUS LUMBORUM, PIRIFORMIS, ILIO-TIBIAL BAND AND GLUTEUS MINIMUS



- Arms behind head or extended overhead
- Legs bent – cross leg at knee
- Use top leg to pull bottom leg toward floor

## 3. GLUTEUS MINIMUS



- Cross legs right over left
- Move hips to the right
- Repeat on left side

## 4. ILIOPSOAS, QUADRICEPS



- Place one foot/leg forward
- Feet should point straight ahead
- Arch back slightly as you shift the hips forward
- Stretch is felt in groin of leg that is extended back

## 5. QUADRICEPS



- Grasp left leg with right hand just above ankle
- Pull heel toward buttock
- Keeping foot to buttock slowly move knee backward and upward
- Repeat sequence grasping left leg with left hand