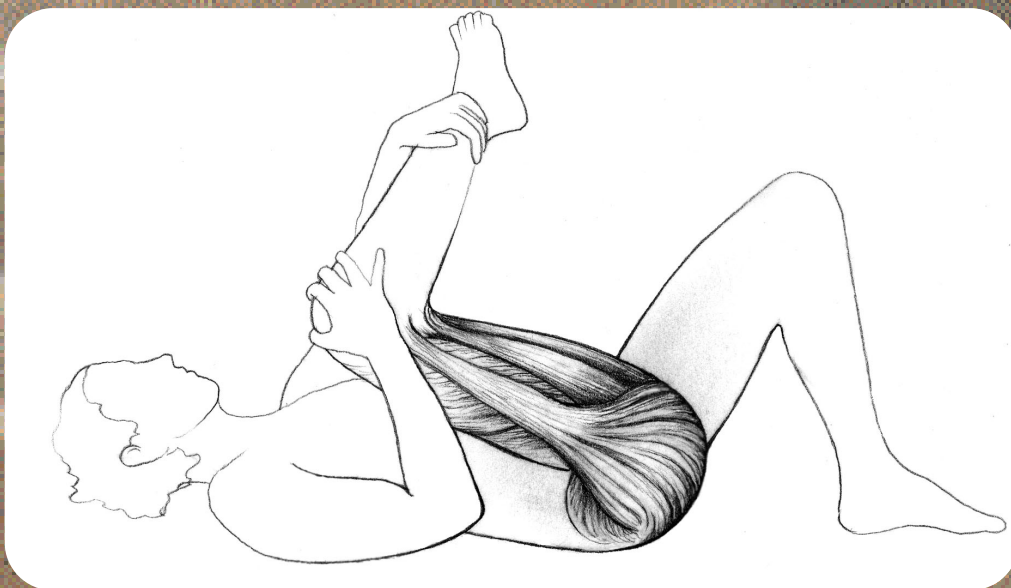


hip stretches

***glutes**

***hip flexors/psoas**

***ITT**



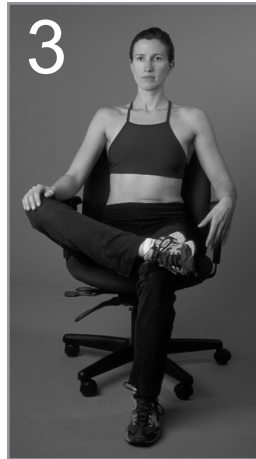
Glute Stretch: Seated at Desk



1) Sit in a chair with good posture.



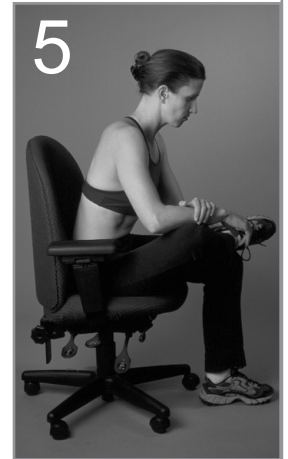
2) Place your right foot on your left knee and allow your right knee and hip to relax.



3) Place your right hand on your right knee and gently apply pressure toward the floor until you feel a stretch in your right hip. If you are feeling a good stretch, hold this position.



4) To feel a deeper stretch, continue applying light pressure to your right knee as you slowly lean forward with a straight back. Only lean forward until you feel a light stretch in your right hip.



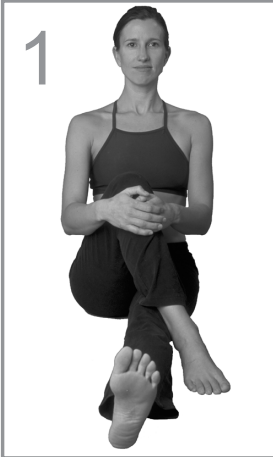
5) If you want to increase the stretch further, place your elbow on your right knee as you lean forward with a straight back.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

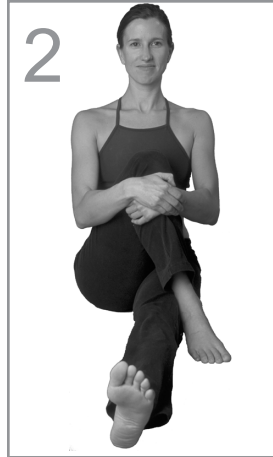
Reverse: Reverse and stretch the opposite side.

CAUTION!!! If this position causes pain, especially in the knee or hip, discontinue the stretch.

Glute Stretch: Seated



1) Sit on the floor with good posture and cross your right leg over a straightened left leg.



2) Hug your right knee with both hands and pull toward your chest as you sit upright and into the stretch. You will feel this stretch in your right hip and glute muscles.



3) To increase the stretch, place your left elbow on the outside of your right knee and twist to the right looking as far back as possible. Continue to sit upright through the twist. Keep your shoulders away from your ears by pulling them down and back through this twist.

EXPLORE: Explore pulling your knee toward your chest at different angles to stretch specific muscle fibers. For example, change the angle of pull up and toward your left shoulder. Now try pulling down and across your body. Find the stretch position which works best for you!

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

Glute Stretch: Lying Figure 4 (easier)

1



1) Lie on your back with your left leg bent and your head relaxed on the floor. Place your right ankle on your left knee making a figure 4 with your legs. Press your shoulder blades down and into the floor.

2a

more flexible



2a) Reach your right hand between your legs and your left around the outside of your left leg. Interlace your fingers as you grab the back of your leg or knee (as shown in 2a) and pull toward your left shoulder. You will feel this stretch in your right glute. Keep your head and lower back relaxed on the floor. Try not to curl up and round your upper back when stretching, instead relax everything except your arms and hips.

2b

less flexible



2b) If you have trouble reaching your left knee with your hands use a towel to pull your lower leg toward you.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

EXPLORE: Explore different angles to make the most of your stretch. For example, try pulling your left leg slightly wider than your left shoulder in figures 2a and 2b and then bring your knee toward your chest.

PNF STRETCH: stretch-resist-stretch

To increase muscle length, follow these steps:

- 1) Start in the stretch position shown in figure 2a or 2b. Stretch as described above holding for 3 relaxed breaths.
- 2) Then, slightly back off the stretch to release your glutes and avoid a muscle spasm.
- 3) In this position, gently push out of the stretch with both your right ankle and right knee as you resist and hold this tension with your arms or the towel. Once you begin resisting, hold this position without any movement.
- 4) Continue to resist for 3 deep breaths. Then relax for 2 seconds before stretching again. Did you notice if you can stretch further than before?

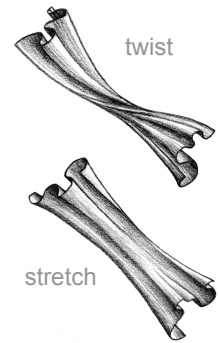
Glute Stretch: Lying Figure 4 variation (difficult)



1) Lie on your back with your left leg bent. Place your right hand on your right knee and pull across your body toward your left shoulder until a stretch is felt in your right glute. Hold this position throughout the stretch.

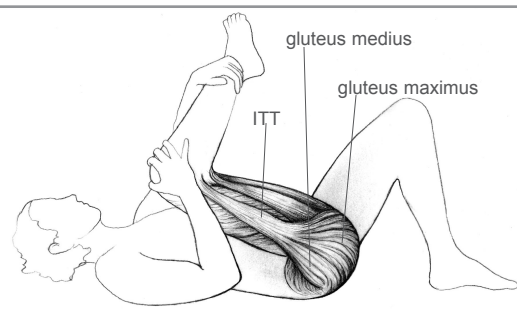


2) Continue to hold your right knee in place (this is the stretch) THEN grab your right ankle with your left hand and slowly pull toward your body (this is the twist). Keep your right foot at knee height as you pull with your left hand and continue to push your right knee across body. You will feel this stretch in your right glute. Keep your head and lower back relaxed on the floor. Try not to curl up and round your upper back when stretching, instead relax everything except your arms and hips.



Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.



Muscles Stretched:

All lateral hip muscles with specific focus on the gluteus maximus & medius and ITT. Exploring different stretch angles will allow you to focus on specific muscle fibers.

PNF STRETCH: stretch-resist-stretch

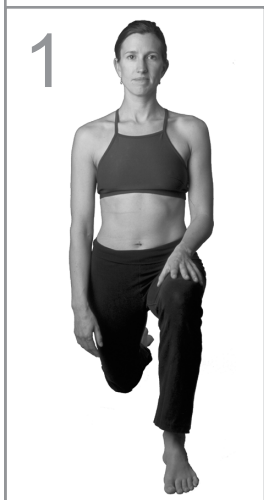
To increase muscle length, follow these steps:

- 1) Start in the stretch position shown in figure 2 or EXPLORE. Stretch as described above holding for 3 relaxed breaths.
- 2) Then, slightly back off the stretch to release your glutes and avoid a muscle spasm.
- 3) In this position, gently push out of the stretch with both your ankle and knee as you resist and hold this tension with your hands.
- 4) Continue to resist for 3 deep breaths. Then relax for 2 seconds before stretching again. Did you notice if you can stretch further than before?

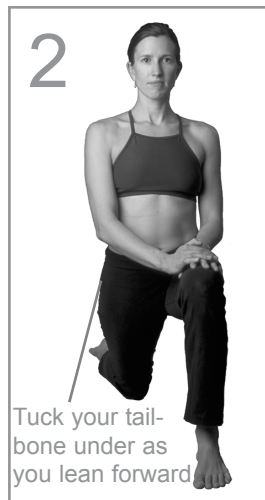
EXPLORE: Explore raising and lowering your right foot in a number of positions. When you find a good stretch position, hold it and pull your ankle toward your shoulder to stretch different muscle fibers. You can get very specific with this stretch. Remember not to allow your right knee to “hinge” away from your body releasing the stretch.



Kneeling Hip Flexor Stretch

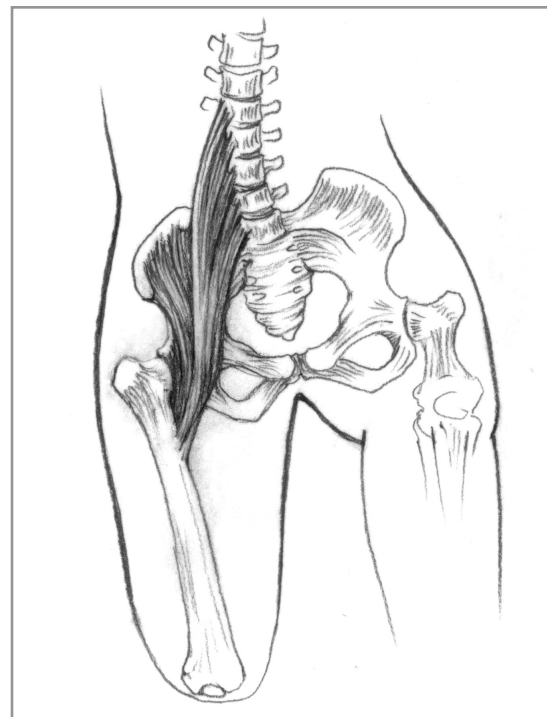


1) Kneel on the floor with your right knee down and your left arm supporting your weight either with a wall, chair or on your left knee.



Tuck your tail-bone under as you lean forward

2) While maintaining an upright torso, contract the muscles in your right hip/glute so your leg and stomach form a straight line (imagine your right knee bending back and down). Begin to lean your body forward by bending your left knee toward your left toes (do not allow your knee to pass your toes). You should feel this stretch in your right hip flexors.

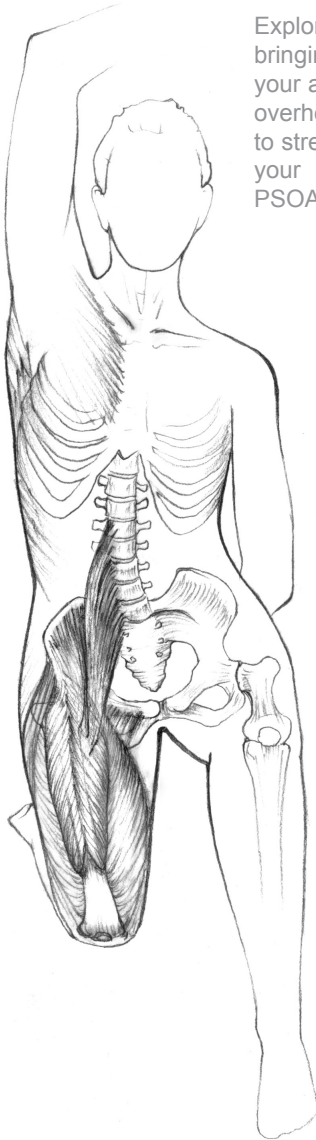


Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

CAUTION!!! To avoid slipping, wear shoes or use a yoga mat.

Kneeling Hip Flexor & PSOAS Stretch



Explore bringing your arm overhead to stretch your PSOAS.



Reach up, across and away when incorporating the PSOAS.



EXPLORE: To incorporate a PSOAS stretch, raise your right arm overhead, across your body and back slightly (as shown above) and then follow steps #1-#2. While pushing your right hip forward, also imagine opposing forces pulling your right knee back and down as your torso curls up, back and away forming a backward, and somewhat abstract, letter "C" from your fingertips to your toes (see top right photo). Explore twisting your torso slightly further back or to the right to feel a different stretch. Explore changing the angle of your lower leg by bringing your foot further in or out to stretch different muscle fibers of the hip flexors.

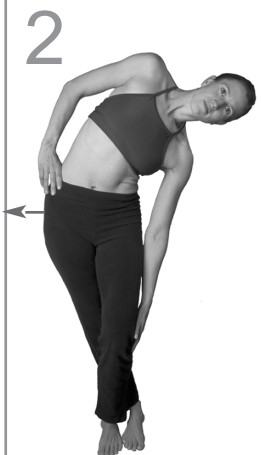
Standing ITT/TFL Stretch

1



1) Stand crossing your right leg behind your left keeping your feet flat on the floor. To maintain your balance, place your left hand on a wall or chair.

2



2) Slightly bend your left knee as you lean your torso to the left tracking your hand toward your knee. Continue leaning while you stick your right hip out to the side. You will feel this stretch on the outside of your right hip and along your ITT.

Explore leaning backward to stretch your TFL.



Explore leaning forward to stretch your glutes.



EXPLORE: Explore slightly twisting your back foot in or out to stretch different muscle fibers. You can also explore twisting your torso backward to stretch the muscles in the front of your hip (hip flexors and TFL) or forward to stretch the muscles in the back of your hip (lower back & glutes). Always maintain good posture when exploring different stretch angles.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further.

Reverse: Reverse and stretch the opposite side.

Muscles Stretched: All lateral hip and torso muscles especially your ITT, gluteus medius, transverse abdominus and abdominal obliques. When exploring by leaning backward, the focus shifts to the hip flexors and TFL. When exploring by leaning forward the focus shifts to the lower back and gluteal muscles.

