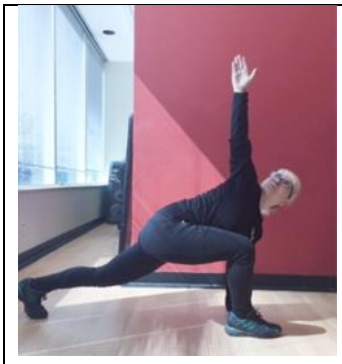
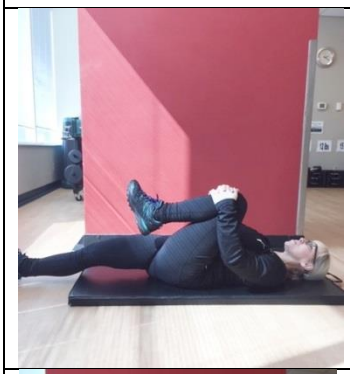
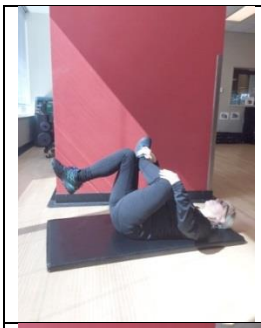
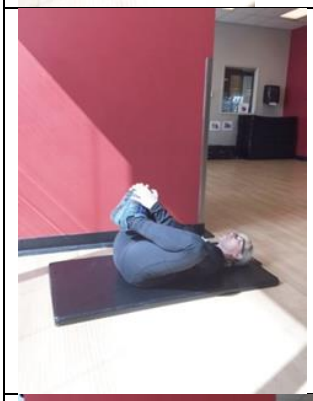
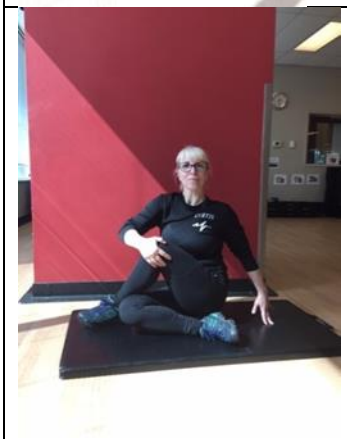
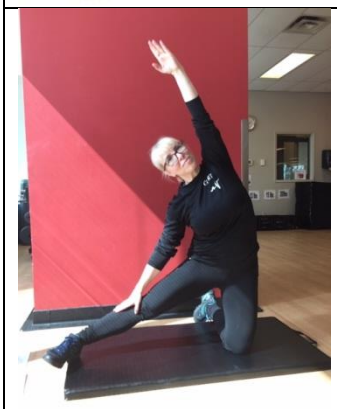
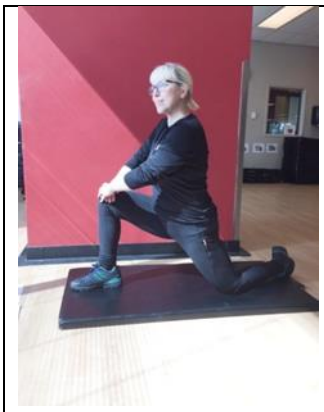
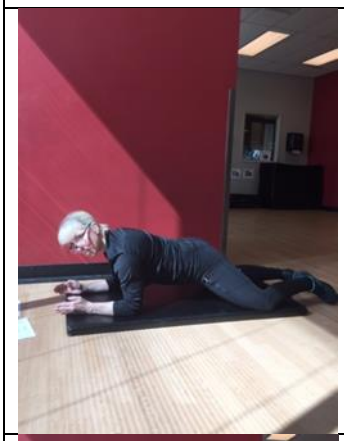
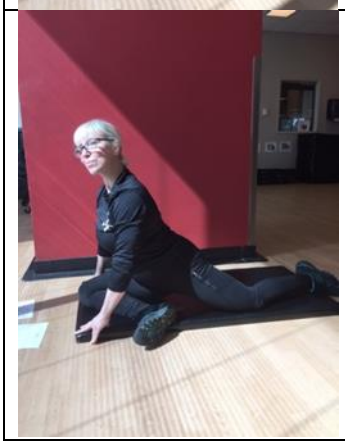
Hip Stretches for Mobility & Flexibility

Please consult with your Physician before starting any fitness program

	**Lunge with Spinal Twist** • Start standing with your feet together. • Take a big step forward with your left foot, so that you are in a staggered stance. • Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh. • Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling. • Hold for 30 seconds to 2 minutes. • Repeat on the other side. • Stretches hip flexors, quads, back
	**Knee to Chest Stretch** • Lie on your back with both legs extended. • Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor. • Hold for 30 seconds to 2 minutes. • Repeat on the other leg. • Stretches lower back, hips, hamstrings
	**90/90 Stretch** • Sit with your right knee bent at 90-degrees in front of you, calf perpendicular to your body and the sole of your foot facing to the left. Keep your right foot flexed. • Let your leg rest flat on the floor. • Place your left knee to the left of your body, and bend the knee so that your foot faces behind you. Keep your left foot flexed. • Keep your right butt cheek on the floor. Try to move the left cheek as close to the floor as possible. It may not be possible if you're super tight. • Hold for 30 seconds to 2 minutes. • Repeat on the other side. • Stretches hips

	**Figure Four Stretch** • Lie on your back. • Cross your left foot over your right quad, and bend your right knee. • Hold the back of your right leg and gently pull it toward your chest. • When you feel a comfortable stretch, hold there. • Switch sides and repeat. • Stretches hips, glutes, lower back, hamstrings
	**Reclined Bound Ankle Pose** • Lie on your back • Bring the soles of your feet together and grab your toes or ankles. • Allow your legs to open • Hold for 30 seconds to 2 minutes. • Stretches inner thighs, hips, groin
	**Piriformis Stretch** • Sit on the floor with both legs extended in front of you. • Cross your right leg over your left, and place your right foot flat on the floor. • Place your right hand on the floor behind your body. • Place your left hand on your right quad or your left elbow on your right knee (as shown) and press your right leg to the left as you twist your torso to the right. • If the spinal rotation bothers your back, take it out and simply use your left hand to pull your right quad in and to the left. • Stretches hips, back, glutes
	**Kneeling Side Bend Stretch** • Kneel on the floor with your legs together, back straight, and core tight. • Extend your left leg out to the side. Keep it perpendicular to your body (not in front or behind you). • Extend your right arm overhead, rest your left arm on your left leg, and gently bend your torso and right arm to the left side. • Keep your hips facing forward. • Hold this stretch for 30 seconds to 2 minutes. • Repeat on the other side. • Stretches groin, hips, inner thigh, obliques

	**Lunging Hip Flexor Stretch** • Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent. • Lean forward, stretching your left hip toward the floor. • Squeeze your butt; this will allow you to stretch your hip flexor even more. • Hold for 30 seconds to 2 minutes. • Switch sides and repeat. • Stretches hips, quads, glutes
	**Frog Stretch** • Start on hands and knees, bringing your knees as far apart as is comfortable. • Very slowly rock back and forth in that position. • Keep the balls of your feet on the ground, with toes pointed outward.
	**Pigeon Pose** • Start with your front knee bent to a 90-degree angle. The back knee can be as bent or extended as is comfortable for you. • Rotate your hip forward toward the front heel • Let the weight of your body rest on your right leg • Keep the chest up tall, and only bear as much weight as you can comfortably. • As you increase your mobility, start slowly bending forward over the bent leg.