

Hip Stretch



Figure A



Figure B

- Kneel down on your right knee with your left knee bent at 90 degrees.
- Your left foot should be flat on the ground.
- If necessary you can use a chair or exercise ball for stability (figure A).
- Now shift your upper body forward onto your left leg.
- Keep your shoulders back. Don't lean forward.
- You should feel a stretch in the front of your right thigh and pelvis.
- Make sure you maintain your abdominal bracing throughout this stretch.
- Hold this stretch for 40 seconds then repeat on the other leg.

Perform 1 repetitions for 1 sets daily

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