

Hip Region Stretch

A good stretch for the outside of the trunk, hip, and entire leg, this stretch is best performed while lying on your side near the side/end of a bed. As shown below, the closer that your trunk is to the edge of the bed, the more aggressive the stretch. Start gradually and work to longer time periods. Slowly increase the hold time starting at one minute, progressing to five minutes. The stretch may be performed more than once daily as tolerance improves. When performing this or any other stretch, you should be able to feel that you are impacting the pain/tightness that led you to this stretch. Please consult with your health professional for specific instructions.



Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.