



Hip and Spine Stretch

The purpose of these stretches is to address sensations of tightness/pain through the hip, ITB, pelvis, and spine regions. Your therapist will have helped you isolate areas of tightness which would benefit from this self-stretch. Your positions may vary from the photos above, with the dependent knee bent or straight. You can also vary how far from the edge of the bed you lay or how much you counter-rotate the shoulder. Experiment to find a position and stretch that reproduces your familiar symptoms in a meaningful way and hold for a few minutes. While not mandatory, you may find it helpful to repeat with the other leg. You may find it helpful to explore more than one line of stretch.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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