

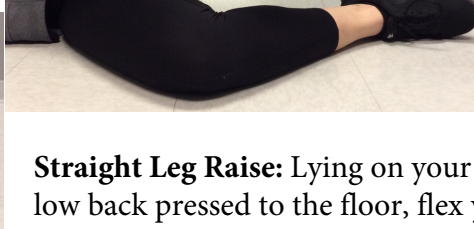
HIP STRETCHES & STRENGTHENING EXERCISES



Clam Shell Series: Keeping your spine neutral and hips stacked, (a) keep feet together and raise knee, stop before your hips turn and open up. (b) keeping your knees together raise foot off your other foot. (c) Keeping your leg raised off of your other foot rotate your knee, stop before your hips turn and open up. (d) keeping your leg raised rotate your foot away from other foot. (e) Keeping your leg raised off the other leg bring your leg forward and then kick back slowly. REPEAT these movements (3x30s) on each leg.



Bridges: Lying with feet shoulder width apart and knees bent, contract your core then contract glutes and hamstrings to slowly raise hips off of the ground to be in line with shoulders and knees. Slowly lower down to start position.



Hip Extension: Lying on your stomach, contract your gluteus to raise your leg off of the floor, make sure to keep your hips on the floor- don't raise your leg so far that your hips rotate.



Straight Leg Raise: Lying on your back with low back pressed to the floor, flex your foot towards you, squeeze your quad and slowly raise your leg to the height of your bent leg. Slowly return to starting position

