

Hip Stretches

Vital Essence Living
Massage Therapy & Self-Care Education

Although anyone can benefit from these hip stretches, they are super helpful for those who wear a heavy belt on their hips during the workday.

- Perform these stretches at least **once a day** to relieve tight hips.
- Hold each stretch for at least **30 seconds**.
- **Breathe** into your stretches! This will help your muscles relax and enhance your stretch.
- **Don't over-do it!** These stretches are meant to be gentle; you shouldn't feel any straining.

Check out the Video on YouTube!

[Loosen your Tight Hips with 3 Stretches – YouTube](https://www.youtube.com/watch?v=_NcfRLQNzZg)
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Inner Thigh Tension Stretch

A straight torso position helps to isolate this stretch and target specific muscle groups

- Sit on the floor on your sit bones with your torso upright and your abdominals engaged.
- Straighten your legs in front of you a little more than hip-width apart.



- Bend one leg and plant your foot on the inside of your opposite thigh.
- Keep your torso straight and slightly lean towards the extended leg. Extend an arm if you want!

Pro Tip: Great stretching comes from proper posture

Straight to the Point Quad & Hip Flexor Wall Stretch

Pro Tip: Grab a towel, blanket or pillow to place under your knee to protect it and keep it comfortable while you stretch.

Phase 1

- Kneel down next to a wall and place your knee as close to it as possible.
- Bend your leg up and back, placing your shin vertically up against the wall with the toes pointing up.
- With both knees touching the floor, engage your abdominals and squeeze your glutes.

Phase 2

- Get into a lunge position. Raise the knee farthest from the wall and plant your foot.
- Activate the stretch by tightening your abs and squeezing the glutes.
- Pull your hip (the one with the leg bent back) down towards the ground.



*Straight to the Point
Quad & Hip Flexor Stretch
-- Phase 2 --*

The Sitting Pigeon Stretch



Pro Tip: You can sit up against a wall, couch or other surface to provide extra back support during this move!

- Sit on the floor on your sit bones, with your torso upright and your knees bent.
- Keep your feet flat on the ground.
- Carefully bend your leg and place your ankle on the opposite knee.
- Grab the outside of the ankle with one hand and wrap your arm or hand around the grounded knee for support, enhancing the stretch.

The Sitting Pigeon Stretch

Feeling flexible?

Slowly move the ankle and knee closer to your torso to make the stretch more challenging.

Get the Relief you Seek!

*Need a massage or more self-care tips?
Let's get in touch!*

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