

HIP STRETCHES

Created by BackTalk SSC (Lauren Leopold, OTDS)



Things to consider

Disclaimer: When starting a new routine, it is advised to consult your healthcare provider. The following stretches are not scoliosis specific but are stretches that I have found I can still perform despite my scoliosis. These stretches work for myself and my body but please keep in mind that everyone is different; what works for myself may or may not work for you.

How many should I do?

When beginning these stretches, hold the stretch for 5-10 seconds on each side. In the beginning, you may want to start with 1-2 sets to make sure they do not aggravate your muscles or increase pain. As your muscles loosen and you become more comfortable with the stretches, you can increase the amount of time you hold the stretch (15-30 seconds) and/or the amount of sets you perform (3-5 sets). If pain increases, stop the stretch immediately and consult your healthcare provider.

When performing stretches, it is important to maintain proper positioning during the stretch. Most of the following stretches can be performed standing or sitting with your back straight and shoulders relaxed (shoulders should be down, not shrugged up towards your ears).

In addition, remember to continue to breathe through the stretch and do not hold your breath (some people do this unconsciously). Your breathing should be slow and steady; breathe in through your nose and out through your mouth while performing the stretch.



Runner's lunge

Begin in a lunge position with your right leg in front with your knee directly over your ankle. Lower your left knee so that it touches the floor and extend your leg behind you so it is straight and the top of your foot is flat on the floor.

Rest both hands on top of your right knee. For a deeper stretch, slightly lean forward so you feel a deeper stretch in your hip area. Hold for 5-30 seconds and repeat on the other side. Repeat 3-5 times on each side.

Pigeon stretch

Begin by performing a lunge with your right leg in front of you with your knee at a 90-degree angle and your left leg behind you with your knee on the floor. Slowly slide your right foot to the left while bringing your knee down at the same time so that your right leg is now completely on the floor. The leg behind you should naturally straighten (or you can slightly keep it bent if that provides more comfort). Slightly lean forward into the stretch so you feel a comfortable stretch along the back of your hip (you can also just maintain a straight back or bend forward so your hands or forearms rest on the floor). Hold for 5-30 seconds, lean back and take a short break and repeat 3 times.

Tip: Personally, I like to perform the static leaning lunge on one side and then go straight into this stretch and repeat that sequence on the other side.



Piriformis stretch

Begin by lying flat on your back with both knees bent. Cross your right foot over your left knee.

Use both hands to grab around your left thigh and gently pull both legs up towards your chest until you feel a comfortable stretch around the hip and glutes. Hold for 5-30 seconds, return to starting position, and repeat on the other side.

Repeat 3-5 times on each side.

Modification: Sit on the edge of a sturdy chair. Cross your right foot over top of your left so your ankle is on top of your opposite thigh/knee. Gently lean forward until you feel a comfortable stretch along the hip. Hold for 5-30 seconds, return to starting position, and repeat on the other side. Repeat 3-5 times on each side.



1 knee to chest

Begin by lying flat on your back with both legs straight. Bring your right knee up towards your chest (you can keep your left leg straight or bend it to a comfortable position). Use both hands to grab around the knee or behind the knee/thigh and slowly pull your right knee closer to your chest until you feel a comfortable stretch.

Hold for 5-30 seconds, return to starting position, and repeat on the other side. Repeat 3-5 times on both sides.

Angled knee to chest

Begin by lying flat on your back with both legs straight. Bring your right knee towards your chest and over towards your opposite shoulder. You should feel a deeper stretch in the hip area. Hold for 5-30 seconds, return to starting position, and repeat on the other side.

Repeat 3-5 times on both sides.



Double knee to chest

Begin by lying flat on your back with both legs straight. Bring both knees to your chest at the same time. Wrap both arms around your knees and gently pull towards your chest until you feel a comfortable stretch. Hold for 5-30 seconds, return to starting position, and repeat 3-5 times.



Butterfly

Begin by sitting on the floor with your back straight. Spread your legs apart so that both feet are flat against each other, and knees are pointed to the side. Use both hands to grab your feet/ankles and slowly bend forward until you feel a comfortable stretch.

Hold for 5-30 seconds, return to starting position and repeat 3-5 times.

Modification 1

Begin in the same position with feet flat against each other. Use your right hand to gently push down on your right knee until you feel a deeper stretch in the right hip. Hold for 5-30 seconds and repeat on the left side.



Modification 2

Begin in the same position with feet flat against each other. This time place both hands slightly behind you on the floor and slightly lean back. This time you will feel the stretch more in the front of your hips/groin area. Hold for 5-30 seconds and repeat.



4 point lying stretch

Begin this stretch by lying flat on your back, bend both knees so that both feet are flat on the floor. Cross your right foot over your left knee. Place your left hand on your right knee and gently pull your knee closer to your body until you feel a comfortable stretch along the back of your hip/hamstring. Hold this position for 5-30 seconds, return to starting position, and repeat on the other side. Repeat on each side 3-5 times.

Lying hip rotations

Begin this stretch by lying flat on your back, bend both knees so that both feet are flat on the floor. Cross your right foot over your left knee. Place your right hand on your right knee/thigh and gently push outwards. Hold for 5-30 seconds, return to starting position, and repeat on the other side.

Repeat on each side 3-5 times.

Modification: if pressing the knee outwards creates too much pressure, slowly move your right knee back and forth so it moves towards your body and away from your body. You should still feel this stretch in the front and back of your hip and when you feel that your muscles have loosened you can advance to the above stretch.



References

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