

Hip and Glute Stretches

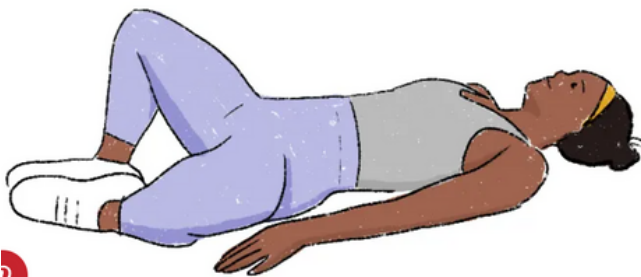


Lay down on your back and bend your knee keeping one leg straight out. Lift bent leg up grasping behind your leg or shin to hold for 30secs. release the leg and lower and repeat the other side.

Stay laying down and cross one leg over the other placing the ankle of one leg to the knee of the other. Gently grasp behind your hamstring and try to return to laying down. If this is too much try this same position but seated in a chair.



Bend both knees with feet flat on the floor and then allow your knees to fall to the side, hold this position.



Roll over and place your hands under your shoulders. Slowly press up allowing your head to face upwards.



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Pidgeon Pose

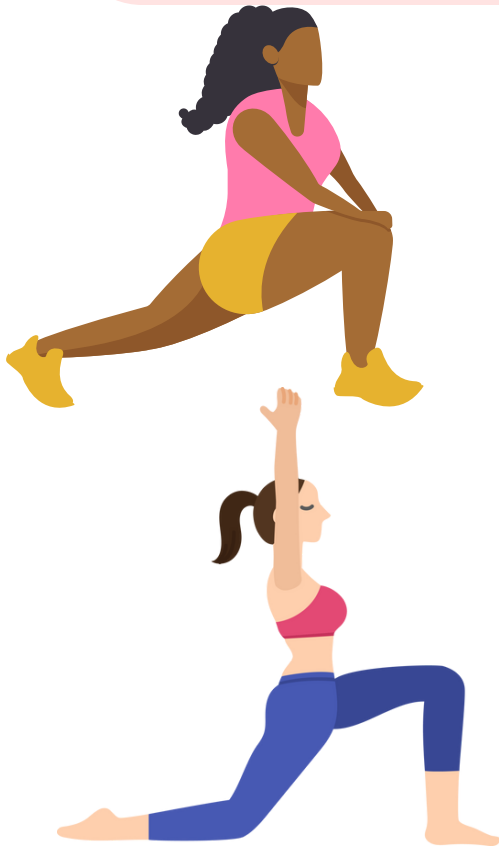
- From all fours, bring your right knee forward towards your right wrist. Depending on your body it may be just behind your wrist or to the outer or the inner edge of it.
- Experiment with what feels right for you, giving you a stretch on your outer hip without any discomfort in your knee.
- Your right ankle will be somewhere in front of your left hip.
- Slide your left leg back and point your toes, your heel is pointing up to the ceiling.
- Scissor your hips together, by drawing your legs in towards each other. Use some support under your right buttock if needed, to keep your hips level.
- As you inhale, come onto your fingertips, lengthen your spine, draw your navel in and open your chest.
- As you exhale, walk your hands forward and lower your upper body towards the floor. You can rest your forearms and forehead on the mat.
- Stay for 5 breaths or longer.



Hold onto a side if you need the balance. Bend one leg and hold onto your foot, pulling the foot towards your bum. Try to keep your knees together and make sure your pelvis isn't tilting.



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1. stand up straight with your arms at your side.
2. Place your hands on your hips or on your forward knee.
3. Take a step forward with your right foot so you are standing in a split stance.
4. Lower your right knee so it is at a 90-degree angle. Your left leg is extended straight back behind you.
5. Hold the stretch for 20-30 seconds.
6. Release and repeat on the other side.

Try doing this with one knee on the floor or lifted off the floor.

The main thing with these is consistency. Don't go hard and do these daily but only for two weeks to never do them again. If it stops hurting it means its working not that it won't come back so ensure you carry them on to keep your posture healthy. Try doing ten minutes a week. once this becomes a habit maybe add another ten-minute session in a week. Do some stretches whilst waiting for the kettle to boil, whilst watching TV at night or whilst you are waiting for the zoom call to start.

<https://www.youtube.com/watch?v=WtWtLhgHg7Q>

<https://www.youtube.com/watch?v=HzXkMnvqojE>

<https://www.youtube.com/watch?v=7l4cKlK29O4>

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