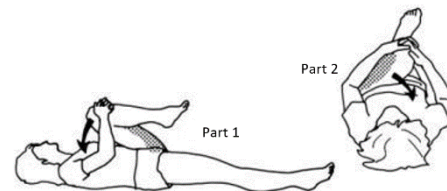


# Your Hip Exercises

- **Stop and inform your Chiropractor if you experience discomfort, pins & needles, numbness, dizziness or nausea**
- Aim for a mild-moderate tension stretch, not pain. Don't forget to breathe. Hold each stretch 7 - 10 seconds.
- Repeat exercise 1 2 3 times per session, 1 2 3 5 7 times per day / week
- Carpeted floor or rug is a good surface to use. A bed is too soft.
- Common errors are highlighted in **red**.
- Ask your chiropractor to check your technique if you have any doubt or questions.

## H.F.SU Hip Flexion Supine

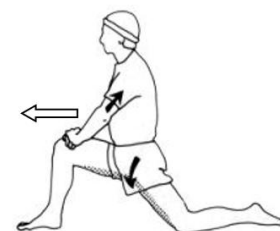
- Lying on your back, grab one knee with both hands (fingers interlocked)
- **Keep opposite leg flat on the floor**
- Pull knee up upwards towards chest (part 1) then over to the opposite shoulder (part 2), hold
- Repeat other side



**Feel:** Stretch in buttock area or low back. **Discontinue if you feel more compression in the groin area than stretch in your buttock.**

## H.E.KN Hip Extension Kneeling

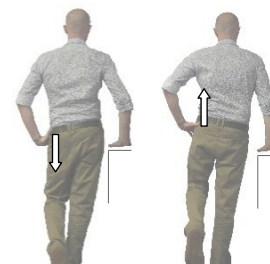
- Start with front knee bent 90°, **body upright**, hands resting on thigh (don't lunge forward yet)
- Induce and hold a 'Posterior Pelvic Tilt' (PPT)\*\*\*, you should feel a stretch in front of rearward thigh/groin
- **Keep body upright**, shift pelvis forward a few inches to increase the stretch in the rearward thigh/groin, hold. Repeat other side



**Feel:** Stretch in front of rearward thigh or groin.

## H.AB-AD.ST1 Hip Abduction-Adduction Standing 1 legged

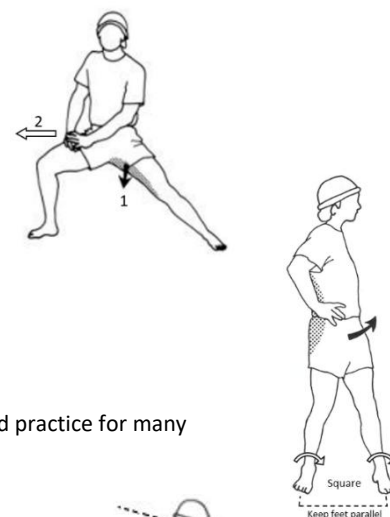
- Stand on right leg using right hand for balance (bench or table), place left hand on left hip
- Keeping right knee straight, lower left hip down as far as it will comfortably go, hold 2 seconds
- Keeping right knee straight, raise left hip up as far as it will comfortably go, hold 2 seconds
- Repeat other side



**Feel:** Stretch in the side of the hip that you are standing on when the opposite hip drops. You are strengthening the muscle group on the side of the hip that you are raise the opposite hip.

## H.AB.ST Hip Abduction Standing

- Stand with legs spread well apart, **feet pointing straight ahead**
- Slightly bend right knee, hold
- Drop left hip down towards the floor (this is only a small movement that should create a stretch on the inner left thigh), hold
- Shift pelvis and body (together) to the right to increase the above stretch, hold
- Repeat other side



**Feel:** Stretch in the inner thigh muscle of the straight knee side.

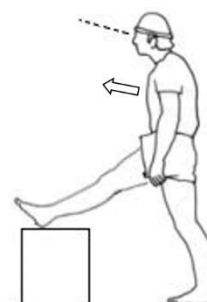
## H.R.ST Hip Rotation Standing

- Stand side-on to a mirror, with feet 'hip width' apart (legs straight up & down)
- Hands on hips, induce and hold a 'Posterior Pelvic Tilt' (PPT)\*\*\*
- Keeping your **knees straight**, turn your pelvis around towards the mirror and hold
- Your **head/shoulders/pelvis should all turn as ONE piece**. This requires concentration and practice for many
- Repeat other side

**Feel:** Upper leg muscles working, or a stretch in your hips, pelvic joints or low back.

## H.F.ST Hip Flexion Standing (Hamstrings)

- Stand tall with one foot up on a step or low stool, place your hands on your upper thigh
- **Both feet must be pointing straight ahead. Turn your pelvis so that it faces ahead, hold**
- Keep your chest up, face upwards slightly (you may already feel a hamstring stretch), hold
- Lean forward with a straight back, hold
- Repeat other side



**Feel:** Stretch behind your thigh or upper calf muscle.

# Hip continued..

## H.E.SU Hip Extension Supine

- Lying on your back, feet close together, knees bent at 90 degrees
- Use buttock muscles to push pelvis off floor, hold 2 seconds. **Don't use arms.**
- **Slowly lower** pelvis over 2 seconds (this is harder to do but important)

**Feel:** Buttock muscles working. **Discontinue or ease off if your hamstrings cramp.**

Perform 10 repeats. Work up to 20 repeats over the following 1 - 2 weeks. For greater challenge, increase hold time to 3-5 secs, raise pelvis higher or do single leg at a time.



# Your Lower Limb Exercises

- **Stop and inform your Chiropractor if you experience discomfort, pins & needles, numbness, dizziness or nausea**
- Aim for a mild-moderate tension stretch, not pain. Don't forget to breathe. Hold each stretch 7 - 10 seconds.
- Repeat exercise 1 2 3 times per session, 1 2 3 5 7 times per day / week
- Common errors are highlighted in **red**.
- Ask your chiropractor to check your technique if you have any doubt or questions

## A.DF.ST Ankle Dorsiflexion Standing

- Stand leaning on wall with one foot forward and one foot back, **both feet facing forward**
- Straighten rearward knee, hold
- Bend forward knee. **Keep rearward heel on the ground.**
- Repeat other side

**Feel:** Stretch in upper calf of rearward leg.



## A.DF.CR Ankle Dorsiflexion Crouching

- Crouch on floor with front toes lined up with opposite knee (as shown in image)
- Slide your 'front foot' backward and 'opposite knee' forward a little so you can settle your body weight over the 'front ankle' and have your 'front heel' just off the floor, hold
- Repeat other side

**Feel:** Stretch in lower calf/Achilles tendon of front leg. **Stop if feel more compression in the front of your ankle joint than you feel stretching at the back.**



Keep heel just off the floor

## A.PF.KN Ankle Plantarflexion Kneeling

- Start on 'all fours' with **knees and ankles together** and toes pointing rearward
- Gently lower your bottom onto your heels then sit upright (as shown in image), hold
- **\*\*You may opt keep your body weight forward to begin with if your ankles/shins/knees are uncomfortable**

**Feel:** Stretch in the front of your shins/ankles or knees/front thigh. **Stop if your knees do not allow this motion.**



## K.F.ST Knee Flexion Standing (quads)

- Stand near wall or door for balance
- Grab 'low ankle'/'top of foot' but don't pull heel toward buttock yet
- Keeping the 'bent knee' upwards slightly, **induce a 'Posterior Pelvic Tilt' (PPT)\*\*\*, hold**
- Pull 'low ankle'/'top of foot' toward buttock, hold
- Without losing your PPT, lower your knee towards the floor, hold
- Repeat other side

**Feel:** Stretch in front of thigh or groin.

