



**Bloomsbury Osteopathy**

# Hip Exercises

**Stretch of the gluteal muscles, the tensor fascia lata, the piriformis muscle, the ligaments and tendons of the hip joint**

**HIPM02 & HIPM06**

## Function:

To lengthen and relax the muscles of the buttock which can be implicated in tightness in the lateral thigh and knee, lower back problems, postural mal-alignments, and other similar conditions.

## Method:

### Starting Position:

Be seated on a flat surface with back upright and legs fully straight. Bend a knee and place the foot on the other side of the straight leg. The foot should be placed as high up the straight leg as possible.

### Action:

Using interlaced fingers of both hands to draw the bent knee towards the chest until a stretch is felt in the buttock region. The back should remain upright at all times. Hold this position for 30 seconds whilst breathing slowly and deeply. Return to starting position.

### Notes:

There are many ways to stretch the gluteal muscles, consult your osteopath for alternatives if a stretch is not felt.

For example, holding a lunge position at the bottom and trying to place the elbow of the side of the leg in front, on the floor.

- STRETCHING OF:
1. THE TENSOR FASCIA LATA AND ILIOTIBIAL BAND
  2. THE GLUTEI / BUTTOCK MUSCLES
  3. THE PIRIFORMIS MUSCLE
  4. THE LIGAMENTS AND TENDONS AT THE SIDE OF THE HIP JOINT (HIPM02)

