



The Health Connection

CHIROPRACTIC • ACUPUNCTURE • MASSAGE

Hip Flexor and Hamstring Stretches



Butterfly

Begin by sitting on the floor with the soles of your feet pressed together and your knees dropped to the sides as far as they will comfortably go. Grasping your feet with your hands, bring your heels as close to your body as possible, without causing pain. Slowly lean your upper body towards your feet. Hold position.

Keep your back straight and do not bounce during this stretch



Happy Baby Pose

Begin lying flat on your back. Without lifting the upper half of your body, hold your feet above your chest. Gently push your feet up into your hands while pulling your hands down into your feet to create resistance. Your knees should be wider than your hips and your neck should remain on the ground throughout the stretch

If you are unable to grab your feet, hold onto your ankles or shins



Kneeling Hip Flexor

Start with both knees on the ground. Lift your right knee up in front of you and rest the sole of your foot on the floor. Your right knee should be at a 90 degree angle and your left knee should be directly beneath your hip. With your back straight and your right hand on your right knee, bend your front knee and lean forward. The back of your thigh should move towards your calf. Repeat using left leg.

Keep your back straight throughout the movement



Modified Hurdler

Begin by sitting on the floor with your legs fully extended in a "V" shape in front of you. Bend your left knee, placing the sole of your foot next to your inner right thigh. Keeping your back straight, bring your chest toward your right leg and use both hands to reach for your toes. Hold position and return to starting position. Repeat on opposite side.

Do not allow your back to round



Straight Leg Kicks

Begin by standing straight up with your feet hip width apart. Without bending your knee, raise your right leg up as high as you can and return to starting position. Repeat with left leg. If you cannot keep your balance, you can also do this stretch by lying face up on the floor and repeating the same motion.

Do not allow your upper body to bend forward to meet your leg



Towel Hamstring

Begin by sitting on the floor with your legs fully extended in front of you. Position the towel around the middle of the right foot, with both hands grasping the towel on either end. Lie back and raise your leg upward. Use the towel to pull your leg toward your chest. Hold stretch and return to starting position, repeat on other side.

Keep your legs straight through entire motion