



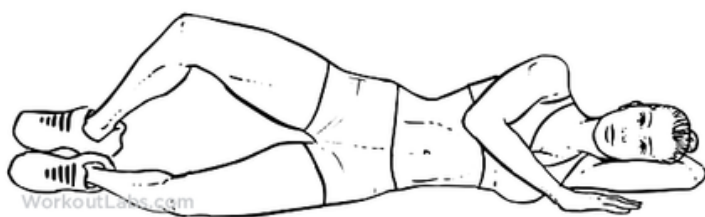
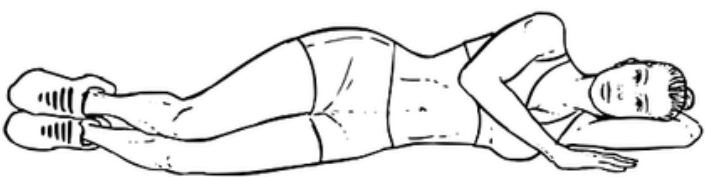
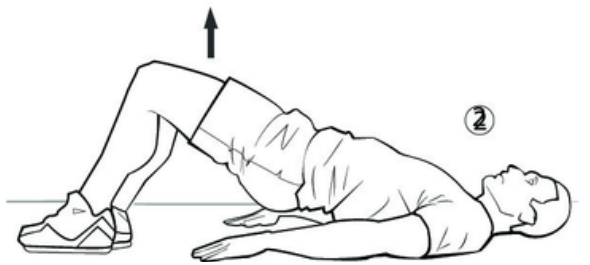
# Strengthening & Stretching The Hip



## 1

### Bridge

Lying on your back with your knees bent and feet flat on the floor, squeeze bum and lift toward ceiling, holding for 3 seconds.



## 2

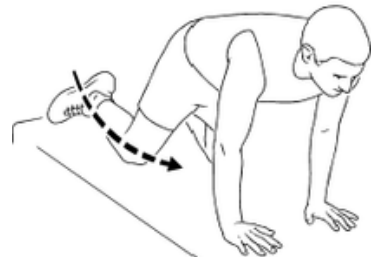
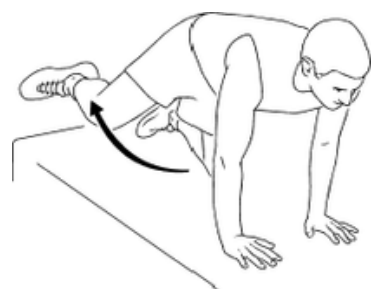
### Clamshells

Lie on your side with knees bent. In a controlled motion, bring the top knee toward the ceiling, keeping feet together, hold 3 seconds. Repeat both sides.

## 3

### Fire Hydrant

Start on hands and knees. Bring leg out to the side, hold for 3 seconds and bring back down. Repeat both sides.



## 4

### Butterfly Stretch

Sit with feet together in front of you and let knees relax to the side. Hold for up to 30 seconds depending on own tolerance.

## 5

### Hip flexor Stretch

In a lunge position with your back knee rested on the floor, gently push hips forward, feeling a stretch at the front of your groin. Hold for up to 30 seconds depending on own tolerance. Repeat both sides.



Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform exercises and stretches as directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.

