



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



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EXERCISES TO LOOSEN TIGHT HIPS



GEHA



1. LYING HIP ROTATIONS

- Lie on back with both knees bent.
- Cross one ankle over the opposite knee.
- Move in and out of the stretch by rotating the hip in and out.
- For the hold, use your hand for assistance to press into the knee.

Be aware of any tightness or soreness on the outside of your knees in this one. If you experience any of this, move the rotating leg so it's resting higher up on the shin.



2. PIRIFORMIS STRETCH

- Cross one leg fully over the opposite leg, so your knee is crossed over your thigh.
- Pull the crossed knee toward your opposite shoulder, stretching the piriformis muscle.

In the same position as the first exercise, cross the leg further, then shift your hips fully to the other side, pulling your knee up to the opposite shoulder.

Remember to go gently into and out of the stretch, and use a little pressure from your hands to resist against the muscles you want to stretch. In this case it's the piriformis and other hip rotators.



3. BUTTERFLY STRETCH

- Sit up with feet together, moving the knees down toward the ground.
- Use your hand to press into the ground and move your groin closer to your heels.

This classic stretch is very useful for the groin muscles, and for improving hip rotation to the side. Pay close attention to your back and keep it straight and upright as you move through the stretch.



4. FROG STRETCH

- Start on hands and knees, bringing your knees as far apart as is comfortable.
- Rock back and forth in that position.
- Keep the balls of your feet on the ground, with toes pointed outward.

Take it slow and easy and don't force a range of motion you may not be ready to achieve.

The action here as you move in and out of a stretch is squeezing the knees together as you rock backward and relaxing as you rock forward. After a few repetitions, you can sit back and relax into the stretch for upwards of a minute.



5. KNEELING LUNGE

- Get into a lunge position, with knee and foot about hip width apart from the elevated leg.
- Keep the chest tall and the hips square.
- To make the stretch harder, you can pull the back knee up off the ground.

This exercise is somewhat deceptive in terms of how it can affect your hips.

You may need some trial and error to find the best front foot positioning, which happens when your shin is upright when you lean forward, rather than being angled down or back.

Keep your hips square and your upper body tall, and you'll be in the right position. Don't be afraid to adjust the back leg positioning to get the most out of the stretch to release your hip flexors.



6. TRAVELING BUTTERFLY

- Sit on your butt with feet straight in front of you (longsitting).
- Use your hands to push the hips forward toward your heels, so you wind up in the butterfly position.
- Move between the long sitting and butterfly positions.

This movement goes from longsitting (on your butt with your legs straight out in front), to the butterfly stretch position.

It's meant to be a dynamic motion, and you won't hold any position here for more than a few seconds. This is a great way to improve circulation and get the hips moving after the stretching you did in the last 5 moves.



7. SQUATTING INTERNAL ROTATIONS

- Start in a deep squat position (as deep as you can go).
- Rotate one knee bent, down toward the ground.
- This stretch can be done sitting on a small stool if you cannot get into a comfortable squat position.

This is another dynamic movement like the traveling butterfly, which will encourage blood flow and circulation after all the previous stretches.

Don't hold the end position very long at all. Just keep moving and give yourself some time to work through the movement.



8. PIGEON STRETCH

- Start with your front knee bent to a 90-degree angle. The back knee can be as bent or extended as is comfortable for you.
- Rotate the back hip toward the front heel, and then toward the back foot.
- Keep the chest up tall, and only bear as much weight as you can comfortably.

As you warm up you'll then work on straightening the back leg behind you. Take your time and gradually work on putting more weight through the bent front leg.

These 8 movements take just a short amount of time, so you can add them in throughout your day to break up long bouts of sitting, or you can even use them as a warmup to your regular routine.

Our hips are incredible structures that allow us to be mobile and strong and perform everything from the most mundane activities as walking to amazing feats of strength and power shown by the finest athletes.

Take the time to take care of your hips and your life will be the better for it.

Explore more at the [Chiefs Wellness Program homepage](#) »