



Pelvis Stretches

~Let Hope Be Your Guide to Health

Hamstrings:

Sit on the bed with one leg flat on the bed and the other off the side of the bed. Keep a straight spine and press your chest down towards your feet. This will apply a stretch to the hamstring of the leg on the bed. Hold for fifteen to thirty seconds. Repeat on the opposite side.

Hip Flexors

Kneel on the floor up on one leg and down on other knee. Raise a hand up towards the ceiling on the side with the knee on the floor. Keep a straight spine and slightly roll your hips forward. This will gently stretch the hip flexors on the side with the knee down. Hold for fifteen to thirty seconds. Repeat on the opposite side.

External Rotators

Sit "Indian" style and pull left leg under and pointing behind. With right hip and knee bent and toe pointing to opposite hip, bend forward and downward till you feel a stretch. Hold for fifteen to thirty seconds. Repeat on the opposite side.

IT Band

Lay on your back while bringing their right leg, knee bent, across their body. Hold for fifteen to thirty seconds. Repeat on the opposite side.