

Hip and Leg Stretches and Exercises.

A video of these exercises can be found at

www.biotunechiropractic.com.au/hip-and-lower-limb/



Stage 1: Range of Motion:

Heat pack to relieve muscle ache. (as much as you like)

Do these prescribed stretches every hour holding each stretch for 5 deep breaths.

- 1. Stretch your glutes**
- 2. Stretch your hamstrings**
- 3. Stretch your quads**
- 4. Stretch your adductors**
- 5. Stretch your ITB/TFL**
- 6. Stay Mobile (Gently!)**
 - a. If you stay still for too long muscles cease up! So go for a gentle 2 minute walk every 30-60 minutes

Stage 2: Stabilisation.

Continue stretches above. (1 to 2 times per day)

1. Improve your balance

Practice until you can stand one leg with eyes closed for 1 minute.

2. Activate your glutes

Build to 2 sets of 20

Stage 3: Strength and Conditioning. (all done 3-5 times per week)

- Quadriceps and gluteals:
 1. **Wall Sits (build to 2 mins)**
 2. **Squats (2 sets of 30)**
 3. **lunges (20 each leg)**
 4. **Bulgarian Lunges (15 each leg)**
 5. **Jumping squats (2 sets of 20)**

Stage 4: Maintenance:

Ongoing!!

1. Join Pilates or Yoga or Tai Chi, or get a personal trainer, or join a sport you enjoy but **DO SOMETHING** active that will engage a range of muscles and keep your body moving!
2. Reduce causing factors
3. **Get regular Check-ups** with your chiropractor to make sure you biomechanics are working!