



HAZELDEAN FAMILY CHIROPRACTIC

THE BEST STRETCHES FOR YOUR HIPS, LEGS, AND LOWER BACK

Tight, stiff hips? Lower back pain? Sitting all day at work? If you are feeling pain and stiffness, then you will benefit from incorporating these stretches into your daily routine. Stretches should be held for 15-30 seconds, and repeated on each side (even twice per side if necessary). If you are stretching before physical activity, be sure to warm up your muscles first (walk up and down a flight of stairs a few times or jog on the spot for example).

As always, be sure to consult with your healthcare provider before starting any new fitness regime.



HAMSTRINGS

- Foot of bent leg lined up with opposite knee
- Keep back straight, shoulders and head up
- Lean straight forward from the hips
- Feel gentle pull along back of straight leg
- Repeat other side



GROIN

- Feet together
- Head and shoulders up
- Lean straight forward from the hips
- Feel gentle pull in groin/inner thighs



GLUTES 1 (BUTTOCKS)

- Sit with crossed legs
- Head and shoulders up
- Lean straight forward from the hips
- Feel gentle stretch in buttocks



GLUTES 2 (BUTTOCKS)

- Keep back straight and tall
- Bring knee toward chest/same side shoulder
- Hug your leg to your body
- Feel gentle stretch in buttock
- Repeat other side



SEATED PIRIFORMIS (DEEP BUTTOCKS)

- Sit with leg crossed, put foot on opposite knee
- Lean forward from the waist
- Keep back straight, head and shoulders up
- Feel stretch deep in buttocks
- Repeat other side



PIRIFORMIS (DEEP BUTTOCKS)

- Lie on back, pull one leg up
- Foot rests on opposite knee
- Grab bottom leg and pull toward chest
- Keep upper body relaxed
- Feel stretch in buttocks and back of leg
- Repeat other side



HIP FLEXOR (PSOAS)

- Front knee directly in line with ankle, 90°
- Back leg at 45°
- Upper body stays upright, look straight ahead
- Drop hips toward floor
- Feel gentle pull in front of hip on back leg side
- Repeat other side



ILIOTIBIAL (IT) BAND

- To stretch left side: Cross right leg in front of left leg
- Push hips to the left side
- Feel gentle stretch in left hip and outer thigh/side of leg
- Repeat other side



CALF (GASTROCNEMIUS)

- Back leg heel on the ground and leg straight
- Front leg bent with foot at wall, hands on wall
- Lean hips toward wall
- Feel stretch in outer calf of back leg
- Repeat other side



DEEP CALF (SOLEUS)

- Back leg heel on the ground and leg bent
- Front leg bent with foot at wall, hands on wall
- Lean hips toward wall
- Feel stretch deep in calf of back leg
- Repeat other side



QUADRICEPS

- Hold on to ankle or foot
- Pull heel up toward buttocks
- Keep body upright
- Feel stretch on front of thigh
- Repeat other side

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