

# Hip Extensions



1. Kneel on the floor with front leg in a 90/90 position and the bottom leg directly under your hip with a straight spine.
2. Slowly lean/lunge your whole 'straight spine' body forward shifting more weight to the front leg to feel the stretch in the front of the back leg.
3. Make sure your low back and glute muscles are relaxed, perform next to a chair for balance.
4. You can turn the back leg outward, creating hip internal rotation, which will provide a different stretch of the front of the hip (only perform if your doctor recommends this variation).
5. Perform slowly and hold for 1-2 seconds at the bottom, then return to upright position.
6. 10 reps every 2 hours, or at your doctor's recommendation.

\*This can be done standing (see Triplanar hip), but to achieve the same end range effect, double the amount of reps performed to ~20x.



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