

Tri-Planar Hip Stretch



In a standing, modified lunge position, evenly distribute weight on both feet focusing on foot arch position with the 3 points of support. While keeping spine and pelvis neutral, rock body weight forward to feel a stretch on the front part of the hip on the leg that is behind the front one. Hold for 3 seconds and then return to neutral. Repeat this exercise 10 times on each side.



In a standing, modified lunge position, evenly distribute weight on both feet focusing on foot arch position with the 3 points of support. While keeping spine and pelvis neutral, lean body weight forward and then add upper body rotation toward the leg that is forward. Hold for 3 seconds and then return to neutral. Repeat this exercise 10 times on each side.



In a standing, modified lunge position, evenly distribute weight on both feet focusing on foot arch position with the 3 points of support. While keeping spine and pelvis neutral, lean upper body towards the forward leg. Hold for 3 seconds and then return to neutral. Repeat this exercise 10 times on each side.

Make sure to perform these exercises around a countertop or wall to maintain balance



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174

