

## Basic Hip Stretches in Bed or in a Chair

### Basics (bed)

1. Flex hip and grab knee or thigh



2. Figure 4 in bed on straight leg and bent



3. Internal rotation with over pressure



#### 4. Frog feet - hip flexor



#### 5. Hip flexor - one off bed - flex other leg



#### Basics (Chair)

1. Slide forward to middle of chair - don't fall off! Flex hip and grab knee or thigh



## 2. Figure four stretch in chair



3. Put leg into Figure 4 position. For example, lift right leg and place right ankle above left knee. Grab right thigh and pull across to left leg. At the same time rotate upper body to right. Should feel stretch in right hip.



For opposite leg, lift left leg and place left ankle above right knee. Grab left thigh and pull across to right leg. At the same time rotate upper body to left. Should feel stretch in left hip.