



- **Hip Mobility exercises can help to alleviate aches and pains in the lower back and even in the knees.**
- **These movements will only take a few minutes, but will leave you feeling invigorated!**

*Follow along with the instructional video for demonstrations of movements.*

**Lying Hip Stretch (Pigeon):** *Cues-* Starting on all fours bend your right knee and bring that knee to the floor under your chest while releasing the front of the left leg to the floor. Keep your hips square.

- Hold for 20 seconds on each side

**Half Kneeling Hip Flexor Stretch:** *Cues-* On one knee with the other leg bent and in front of your body making sure that your torso is lifted. Follow your breath moving forward into the stretch on the exhale and on the inhale returning to start.

(Advanced: Add in quad stretch by grasping foot into hand and pulling foot towards glute. You may then fold your body forward to further the stretch.)

- Continue for 20 seconds on each side

**Hip Flexor Stretch with Reach:** *Cues-* Same starting position as previous movement, now raise the arm that is opposite of the leg out in front of the body and then rotate upper body towards the leg in front of the body.

- 5-6 times on each side

**Leg Swings:** *Cues-* Standing tall, holding onto a sturdy object, swing your leg forward as you exhale and swing it back as you inhale.

- 10-20 times on each side

**Gate Swings:** *Cues-* Standing tall, holding onto a sturdy object, bend your leg and bring your knee up in front of your body, then rotate leg out to the side. Exhale as your knee moves out to the side.

- 10-20 times on each side