

# STRETCHES FOR YOUR HIPS AND BACK

Prolonged sitting, especially with poor posture, causes your muscles to shorten, which is why they feel tight. You might experience shoulder pain, hip pain and even back pain. Here are a few stretches to negate these pains by stretching out your muscles.

ATI Physical Therapy specialists suggest performing each stretch three times (both sides, if applicable) and holding for 10 to 30 seconds. Be sure to keep breathing while you stretch.



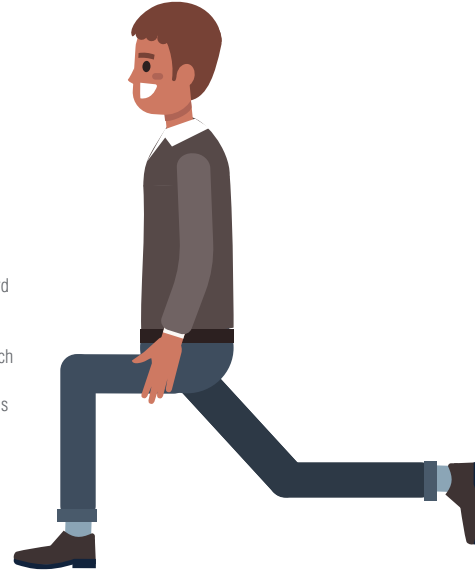
## LUNGE STRETCH

### SET UP

Place a folded towel or pillow on the floor. If necessary, hold onto a chair or wall for balance.

### MOVEMENT

Place your knee on the folded towel or pillow, bring your other foot forward into a lunge position. Lean your hips forward while simultaneously sinking your hips down. Once you feel a stretch in your hip, hold for 10 seconds and return to the start position. Switch legs and repeat.



## SEATED STRADDLED STRETCH

### SET UP

Start in a seated position on the floor with your legs stretched out to the sides as far as possible.

### MOVEMENT

Keep your knees straight and toes pointed up. Slowly walk your hands straight out in front of you and lower your chest towards the ground until you feel a comfortable stretch in your groin. Hold for 10 to 30 seconds. Return to the start position and repeat.



## SUPINE FIGURE FOUR STRETCH

### SET UP

Start by laying on your back with both knees bent and feet flat on the floor.

### MOVEMENT

Place one ankle above the opposite knee on the thigh. Loop your hands behind your thigh and interlace your fingers. Pull your leg towards your chest until you feel a stretch on your outer hip. Hold for 10 to 30 seconds, then switch sides.

