

Hip Strap Stretches

DO NOT STRAIN – BREATHE – LENGTHEN – RELAX

Stretches should be comfortable enough to hold for longer periods. Knees are not bent in straight leg positions. Strap is firmly around ball of foot for best stretch.



Leg straight, toes bent back toward head, reaching heel away from body & sitting bone down towards floor.



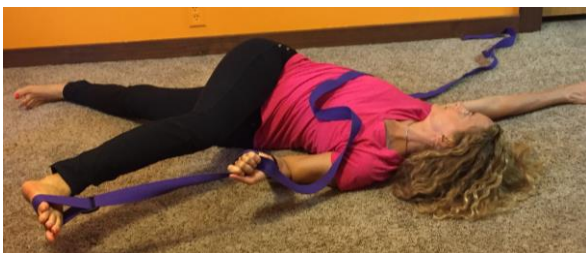
Opposite leg knee bent or straight.



Half happy baby - variations with opposite knee bent or straight with arm & leg lengthener.



Full happy baby - lengthen spine along the floor from neck to tailbone pressing sacrum/tailbone into the floor.



Full body twist - knee straight or bent. Pelvis lifting off the floor, head turned opposite, palm down & reaching away from body.



Do not over bend knee. May also lie prone if unable to lie sidelying.



Never cause pain; soften into the stretch.