

# ***HIP MOBILIZATIONS & STRETCHES***



**KANATA  
CHIROPRACTOR**  
Correcting Form & Function

**VERSION 2.22**

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1



Starting on your hands and knees, lift one leg up and away from the ground while keeping the knee bent.

Circle the knee towards the back of your body and lifting the foot up towards the ceiling.



Once back to neutral, repeat in the other direction and on the opposite leg.

From here, push the knee towards the middle of the body and start lowering the leg down.

2

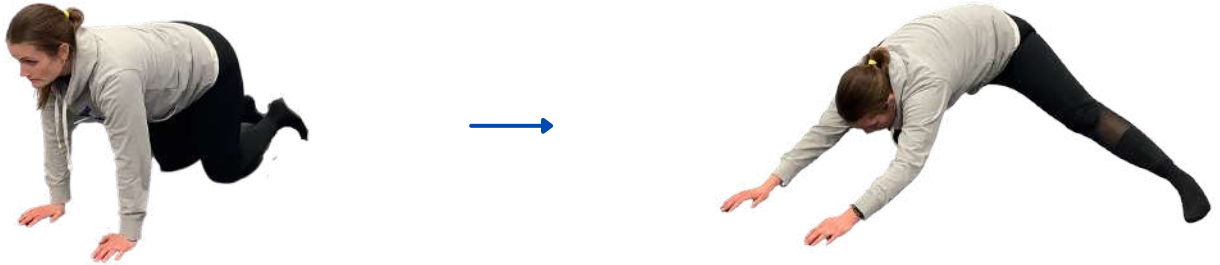


Starting on the hands and knees, slowly sit the hips back towards the heels. Reach the arms out long keeping the chin tucked.



# Dynamic Child's Pose 90/90 Hip Stretch

3



Starting on your hands and knees, extend one leg to the side of your body such that your knee is straight. Sit your hips back toward your foot and reach out long like you did with the regular Child's Pose. Repeat by bringing the other leg out to the other side.

4



Start with both knees at 90 degrees (one in front and one to your side). Bending at the hips, reach your hands out long towards the leg that is in front of you. Hold this position for 7-10 seconds and then return to neutral



Proceed to turn to the leg behind you and reach your arms out trying to grab your foot. Hold this stretch for 7-10 seconds. Sit straight again and this time try to lift your back leg with one of your hands. Hold for 7-10 seconds.

**Deep Squat  
Dynamic Knee Drop  
Dynamic Butterfly  
Hip Flexor Stretch**

5



While keeping your feet planted on the floor, slowly drop your hips down toward the ground. Keep your chest up and shoulders back. Use your elbows to gently push the knees out. To progress this move, you can gently rock side to side.

6



When you are in the lower position of your deep squat, slowly bring one knee inward toward the floor, then back up and switch sides. Repeat at least 5 to 7 times.

7



While seated on the ground, touch the soles of your feet together and bring your heels towards your body. From here, slowly bring both your knees up to the ceiling and lower them down to the ground. Repeat 7 to 10 times.

8



Start by standing with one leg in front of the other. Proceed to bend the front knee and bring the back knee towards the ground. Get as low as you can tolerate. Lean into the front leg while keeping the back leg and knee where they are.