
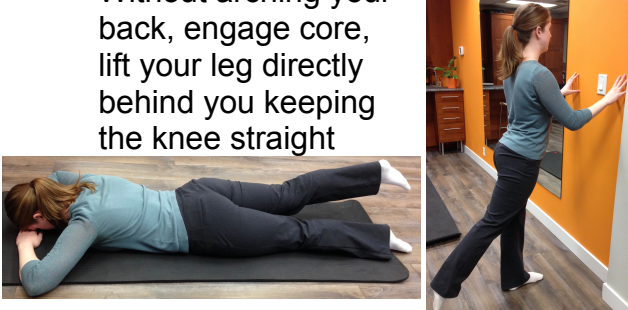





Tips for Hips: Reverse the Effects of Sitting

If you spend a lot of time sitting, then your hip joints spend a lot of time in a flexed position. This can lead to:

- The muscles on the front of the hips, the hip flexors, becoming short
- The muscles on the back of the hips, the gluteals, becoming weak

Here are some exercises you can do at home to help keep your hip muscles in balance.

Lengthen the Front	Strengthen the Back
<p>Thomas Stretch</p> <ul style="list-style-type: none"> • Lie flat on your back with the leg you want to stretch extended • Without letting the straight knee lift off the ground, pull the opposite knee towards your chest until you feel a gentle stretch at the front of the hip 	<p>Backwards Leg Lift</p> <ul style="list-style-type: none"> • Lie on your stomach or stand • Without arching your back, engage core, lift your leg directly behind you keeping the knee straight 
<p>Lunge Stretch</p> <ul style="list-style-type: none"> • Stand or kneel in a lunge with your legs parallel and hip width apart • Squeeze your glutes as if to extend the hip and/or tilt the pelvis back to deepen the stretch, engage your core 	<p>Bridging</p> <ul style="list-style-type: none"> • Lie on your back with your knees bent and pointing up with feet flat on the floor hip width apart • Breathe out & Engage your core • Squeeze your glutes to lift your hips off the floor with the goal of creating a straight diagonal from your knees to your shoulders (be careful not to overarch your back) 
<p>Check out the 'Resources' tab on our website for some videos on how to use a ball to release the key hip flexors: http://body-works.ca/videos-2/#tab-con-27</p> 	<p><i>If you experience any pain with these exercises, do not continue. Contact the physiotherapists at Body Works for help addressing your pain or limitation. 604-983-6616</i></p>



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