

Seated Hip Stretch

If you reach in your back pocket your fingers will be lying on top of a muscle group called the gluteal muscles. Below the gluteal muscles will be another group of muscles called the deep hip rotators or the “deep six” as they are known in the bodywork field. One of those muscles called the piriformis can wreak havoc if it becomes hardened due to an accumulation of trigger points. According to some experts, the largest nerve in the body passes through this muscle and if the sciatic nerve becomes irritated you can have the symptoms known as sciatica, pain that can exist at

any point along the sciatic nerve’s pathway (hip, hamstrings, calf, foot). The stretch below is a safe way to keep this muscle pliable and in turn help prevent irritations from developing in the sciatic nerve. The most common error people make in performing this move is pushing down on the knee. The hand on the same side as the foot that is off the floor should be under the knee and is raising the knee slightly instead of pushing the knee down. Remember to stretch both sides. Everything is connected.

Seated Hip Stretch

Model: Courtney Miller Photos by: Darlene Czech

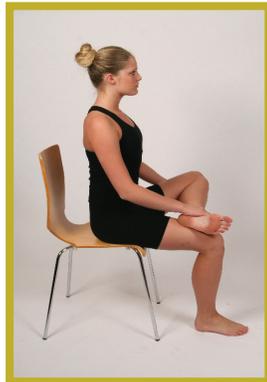


Figure 1

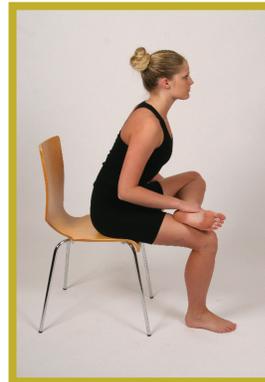


Figure 2



Sit tall in a chair and place one ankle on the opposite knee. Place one hand on the ankle and the other hand under the knee. Slowly bend at the waist, pulling your body forward until you feel a gentle stretch in your hip. Inhale, exhale, and repeat on the other side.



Remember to place the other hand **under** the knee as if you were cradling a baby’s head, and to keep the neck and shoulders relaxed as you perform this exercise.



Repetitions: _____

X Per Day: _____

Notes: _____

“If you don’t have time to stretch,
when will you have time for the pain?”

