

This handout is to be used as a guide only.  
Please consult your Remedial Therapist  
or health provider before beginning  
any new stretches or exercises.

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# Hip & Buttock Stretches

## GLUTE MAX/BUTTOCKS

Option 1: Lie on your back with your legs outstretched. Bend one knee to your chest and hold down with your hands. Keep your tailbone pressed against the floor.

Option 2: Start in the same position as Option 1, but bend both knees up to your chest. Hold in position with your hands and keep your tailbone pressed to the floor.

Hold either position for approx 10-15 secs & repeat 3x.



## GLUTE MED/BUTTOCKS

Lie face up with your knees bent up & feet on the ground. Cross one leg over the other & weave one arm between your thighs. Grab onto the lower thigh & pull your leg towards your chest. Keep your tailbone pressed to the floor. Hold for approx 10-15 secs & repeat 3x, both sides.



## ILIOPSOAS/HIP FLEXOR

Kneel with one knee bent forward & feet facing forward. Tuck in your buttocks and gently lunge forward until a stretch is felt in the front of your hip. For those who are flexible enough & want to also stretch their quads, bend your back knee and hold onto your ankle to keep the leg in position. The stretch should be felt throughout the front of your thigh and hip. Hold for approx 10-15 secs & repeat 3x, both sides.



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