

# The Fascial Pain Clinic's Stretch Protocol

## Hip Stretch

**Hip Flexion:** Lay on your back on an exercise mat. Bring one knee to your chest by flexing the hip and bending the knee. Grab the bent knee with both hands and pull your knee to your chest (to your tolerance) and hold for **two seconds**. Release the knee and extend the leg. Repeat 6-8 repetitions. Switch to the other leg and repeat for 6-8 repetitions.



Advanced version: Hold opposite leg and your head off of the ground while you perform this stretch. You will get a core workout with the stretch if you try it like this.



**Hip External rotation and abduction:** Lay on your back and bend both knees and raise both knees above the ground so that the thighs are flexed 90 degrees to your torso. Place your right hand on the inside of your right knee and your left hand on your left knee and push both knees outward toward to the ground

The Fascial Pain Clinic at Kilani Chiropractic Centre, LLC  
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until you feel tension in your inner thigh and groin. Push downward to your tolerance (you should not feel pain) and hold for 2 seconds. Bring your knees back together at the top and repeat 6-8 repetitions.



**Hip Internal rotation and adduction:** Lay on your back and flex the left leg up at the hip and bend the knee, bringing the left foot up toward your left buttock. Cross your right leg over placing the right ankle over the left knee and slowly pull your left knee downward toward the ground with your right foot. You should feel a stretch and tension along the outside of your left thigh and lateral buttock area. Hold the stretch for two seconds and release the tension in the leg by bringing your left knee back up to the starting position. Repeat 6-8 times.

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**Hip external rotation and abduction:** Lay on your back and bend your right knee to raise it off of the ground while keeping the right foot on the ground. Raise your left leg and cross your left foot over the bent right knee. Grab your right thigh and pull your right knee to your chest (to your tolerance) and hold for two seconds. Repeat 6-8 repetitions. Switch legs and repeat 6-8 repetitions.



**Hip extension:** Lay on your right side. Flex the knee of your left leg and reach back and grab the left ankle. Pull your leg to extend the leg at the hip joint (again, to your tolerance) and hold for two seconds. Release ankle and extend the leg to the starting position. Repeat for 6-8 repetitions. Switch to laying on your left side and perform the exercise on your right leg for 6-8 repetitions.

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**Hamstring stretch with Muscle Strumming:** Sit on the edge of the bed with one leg out straight. Hang the other leg over the edge of the bed. Face the extended leg and grab and "Strum" the hamstring muscles while you bend slightly forward at the waist. "Strum" up and down the hamstrings



Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible. Hold this position for 2 seconds. Relax. Repeat

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**Child's pose upper body stretch:** Start by kneeling on a mat. Spread your knees apart and keep your big toes touching. Rest your buttocks on your heels. Bow forward and bring your forehead to the mat. Relax your torso and try to let your upper body "melt" into your thighs. Reach above your head with your hands and "crawl" your hands over to the left to stretch the right side of your torso. Reach as far as you can then slowly crawl over to the opposite side. Repeat 6-8 times.



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**Upward Dog:** Start from Child's pose and slowly move your body toward your hands until your head and shoulders are straight above your hands. Push your pelvis into the mat as much as you can and pull up with your shoulders, stretching your upper body and lower back.



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**Cat and Camel:** Kneel on an exercise mat or floor and lean forward to place your hands on the mat, positioning them directly under your shoulders at shoulder-width with your hands facing forward. Make sure your knees are directly under your hips and hands are directly under your shoulders. Gently stiffen your core and abdominal muscles to position your spine in a neutral position, avoiding any sagging or arching.



Upward (Cat) Phase: Gently exhale and contract your abdominal muscles, pushing your spine upwards towards the ceiling and hold this position for 10 - 15 seconds. Allow your head to fall towards your chest, maintaining alignment with the spine



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Slowly relax and yield to the effects of gravity. Let your stomach fall towards the floor (increasing the arch in your low back) and allow your shoulder blades to fall together (move towards the spine).



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