



# Balance & Motion

MASSAGE THERAPY

## Hip and Glute Stretches

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until you feel the mild stretch sensation decrease. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



### **Psoas (Hip Flexor)**

SP: Kneeling or standing with legs staggered front to back

M: Lean back at the hip

FS: Lower abdominal area and upper thigh



### **Tensor Fascia Latae (Iliotibial Band)**

SP: Left leg straight with foot turned out, right leg crosses left for balance.

M: Turn left hip forward and push left hip sideways.

FS: Front and side of left hip.



### **Piriformis**

SP: Seated, left foot on outside of right knee

M: Turn upper body to the left keeping straight, flat back.

FS: Left glute/hip area.



### **Gluteus medius**

SP: Seated in figure 4 position

M: Push knee down

FS: side of butt

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