



## Seated Hip Stretch

**Use this exercise to release glut and hip tension.**

Begin this exercise sitting with your lower back in a neutral position, which is neither arched forward nor slumped backward. Relax your upper back and shoulders also. Begin by lifting your left knee and then place your hands either behind or in front of your knee, then gently pull your knee towards your chest in a hugging motion. Hold for up to 15 seconds and then slowly return to the starting position before repeating on the right side. Repeat 3 times each side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our home care kit.**