Know Your Joints

Muscle and Joint Care Suggestions

These are some of my favorite must do Hip movements especially if you sit a lot. These simple motions nourish your joints and strengthens.

Hip flexor stretch, standing: Place foot on chair, keeping torso straight come forward keeping both feet flat, and then lean back. Hold this position for 15 to 30 seconds. Repeat 3 times with each leg.

Gluteal stretch: Standing while holding onto something place one ankle on top of knee. From this position lean forward stretching the lower back into the lower back. Hold the stretch for 15 to 30 seconds. Repeat 3 times. YOU CAN DO THIS SEATED

Standing leg out to side (abduction) with hold: Standing bring leg out to side (abduction) with hold for 1-2 seconds: Return to the starting position. Do 1-3 sets of 12-15 reps. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.

Standing gluteal extensions with hold: Standing bring leg straight back with hold for 1-2 seconds: Return to the starting position. Do 1-3 sets of 12-15 reps. You can also do this exercise in the opposite way Hip Flexion. YOU CAN DO THIS WITH BAND WRAPPED AROUND KNEES.

Standing Hip Rotations: One of my favorites (**see video**) Do 1-3 sets of 12-15 reps.

See our Joint Care Program and Hip Care Program