

HIP BURSITIS STRETCHES

The bursa is a sac of fluid at the top of the thigh bone (femur). The hip bursa prevents the thigh muscles from wearing on the hip bone beneath it. Insufficient leg muscle stretching prior to exercise creates an unexpected pressure on the tendon and consequently the bursa. The pain is often so intense that it can wake you up from sleep. Pain can radiate down the leg and into the shin in severe cases. More cases of hip bursitis exist today because of step aerobics and stairclimbing exercise equipment. These exercises should be alternated with cycling, swimming, walking, and so on, especially if problems in the hip region are developing. Stretching and manipulation are the best ways to restore normal joint function.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Side of Buttock Stretch



Side of Spine Stretch



Thigh Stretch



Hip Flexor/Psoas Stretch



Low Back/Hamstring Stretch with a Chair



Side of Leg Stretch



Middle Calf Stretch on a Step



Buttock & Spinal Stretch



Lower Back/Buttock Stretch

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