



HIP JOINT

Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Lift your left bent leg and put your left hand on the top of your knee. Rotate the knee and thus make continuous circles by your hip while your back and pelvis are fixed on the mat and your head is stretched.

Then rotate the hip the other way round. Repeat this with your right leg and hand.

Exercise 2:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Put your feet in width of the mat and recline your left knee to your right heel while trying to stretch in direction of your knee, (your back and hips remain on the mat). Return continuously back. Do the same with your right knee in direction of your left heel. Repeat several times.

Exercise 3:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Stretch your left leg, raise it slightly above the mat and continuously turn your foot in and out keeping your hips fixed on the mat breathing freely. Repeat several times and then do the same with your other leg.

Exercise 4:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Raise your right bent leg (your left foot leaning against the mat) and rotate in your hip (the thigh draws circles on the ceiling), your hips stay fixed. Breathing freely, rotate the hip the other way round. Then do the same with your left leg.



Exercise 5:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Stretch your left knee and the thigh while your left hip slightly lifts up and the feet stay fixed on the mat. Return back and stretch your right knee and thigh, your right hip slightly lifts up. Breathing freely, repeat several times.

Exercise 6:

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Raise your left leg and ride a bicycle in front and in the back, the foot cooperates, your body stays on the side, recline neither to the front nor to the back. Repeat several times, relax, and do the same with your right leg on your left side.

Exercise 7:

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Stretch your left buttock, the heels pressed to each other. Raise your left knee as far as possible and return it continuously back your pelvis stays fixed. Repeat several times, relax and then do the same with your right leg on the left side.

Exercise 8:

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Stretch your left buttock and breathing in raise the whole bent leg upwards (the knee leads the motion). Breathing out return it back. . Do not push the pelvis forward.

Exercise 9:

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Raise your left heel to the ceiling, turn your left knee to the side and try to push it to your breast as near as possible. With help of your left hand hold your knee and with every breath out try to draw it nearer to yourself, breathing continuously. Then put your leg back and do the same with your right leg. Repeat several times.



Exercise 10:

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Breathing in stretch your left leg and lift it slightly above the mat. Neither sag your loins nor push your pelvis forward. Breathing out release it and do the same with your right leg. Repeat it several times.

Exercise 11:

Your hands leaned against the mat (in width of your shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

If your wrist does not allow you do this, lean your forearm against the mat. Put two blocks under your right knee. Your left knee remains on the mat, your pelvis askew. Raise your left knee, the instep may stay on the mat or you may lift the whole leg) Try to straighten your pelvis and then return continuously back. Repeat several times and do the same with your right leg.