



**Dave's
NMT & Fitness**

Hip Rotator Stretch

Figure 4 Stretch for the deep hip rotator muscles which often entrap the sciatic nerve

Basic Type: Neuromuscular

These instructions are designed to be a reminder for those who have already been taught the stretch by a qualified instructor. If you have not been previously taught and the stretch produces any undesirable effects, stop immediately and consult a professional.

Breathing for all stretches should be: Inhale before. Exhale as you move into the stretch position. Wait for the body to respond. Inhale again while returning to the start position.

The hip rotator stretch is performed while lying on ones back with the hips and knees flexed.

Pillow the head as much as necessary for comfort.

- 1) Place the left ankle onto the right thigh just above the knee. The legs form the shape of the number four.
- 2) Reach the left hand between the legs and grasp the back of the right thigh.
- 3) Reach the right hand around the outside of the right thigh and interlock the fingers with those of the left hand.
- 4) With the left forearm, maintain slight pressure against the left thigh, while bending both elbows to bring the legs toward the trunk.
- 5) When this action begins to produce a gentle pulling feeling deep in the hip area, remain motionless, and relax without losing the position for 3-5 seconds, or as long as it takes to count through the color spectrum. (Red, Orange, Yellow, Green, Blue, Indigo, Violet)
Note: If this position creates a feeling of fullness in the front of the hip or electric in the front of the thigh, before a feeling of stretch in the back of the hip, this stretch will likely be ineffective, and possibly irritating to anterior sciatic symptoms. If the condition remains after several days rest, contact a professional for treatment to relieve obturator nerve entrapment.
- 6) When the feeling of stretch in the hip diminishes, or after 3-5 seconds, return to the start position.

The stretch should be repeated alternately three times for each hip, substituting left for right and right for left.