

Hip stretches in pregnancy

Women's Health Physiotherapy

Information for Patients

Last reviewed: February 2023

Next review: February 2026

Leaflet number: 369 Version: 3

Please speak to your physiotherapist before starting these exercises.



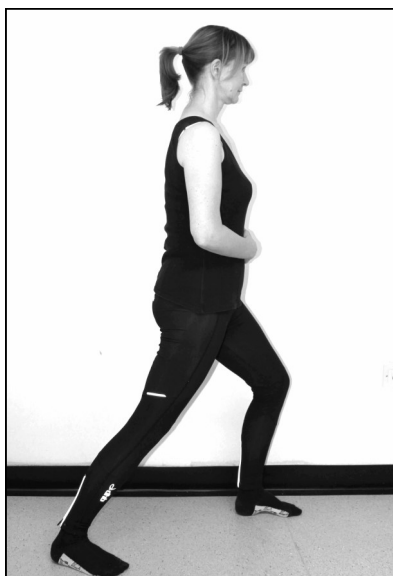
Kneeling - hip flexor stretch

Kneel down on the knee of the side to be stretched, and put the other leg in front of you.

Put your hands onto the front leg. Keep your back straight, pull in your tummy muscles, and push the affected hip forwards, tucking your tailbone under. Do not arch your back. You should feel a gentle stretch at the front of the hip.

Hold the stretch for 20 to 30 seconds.

Stop if you feel pain.



Standing - hip flexor stretch

Stand with the leg to be stretched behind you.

Slightly bend your front (unaffected) leg, keeping your back straight - do not arch your back. Push the affected hip forwards and tuck your tailbone under. The stretch is felt in the front of the hip.

Hold for 20 to 30 seconds.

Stop if you feel pain.

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Thigh stretch (hamstring)

Sit at the edge of your chair.

Straighten the leg to be stretched.

Place your hands on the opposite knee.

Keep your back straight, and lean forwards from your hips. The stretch is felt in the back of the thigh of the straight leg.

Hold for 20 to 30 seconds.

Stop if you feel pain.



Thigh stretch (quadriceps)

Lie on your side with your head supported.

Bend the knee of the leg to be stretched, hold your ankle, and pull your foot towards your bottom. You should feel a stretch at the front of the thigh. To increase the stretch, take your thigh backwards.

Do not arch your back.

Hold for 20 to 30 seconds.

Stop if you feel pain.

Contact details

Department of Womens Health Physiotherapy - 0116 258 4073 or 0116 258 5816.

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