



















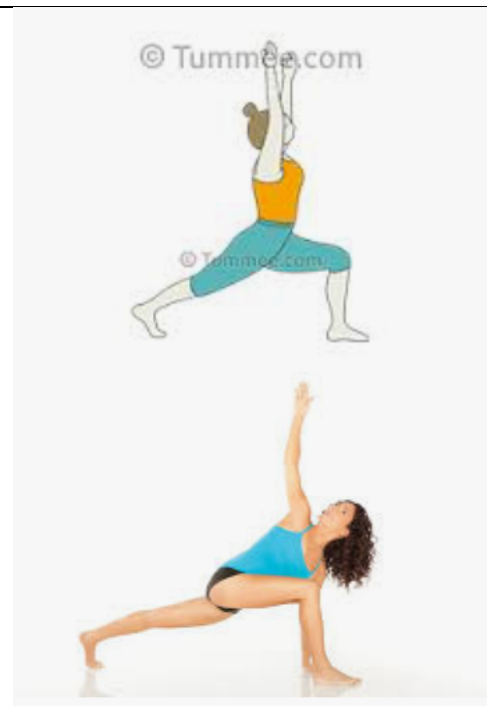

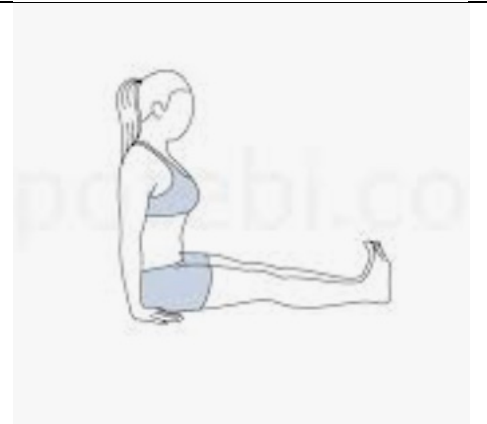

Let's Practice
Hips and Legs from Every Angle
 (see final pages for information on anatomy and physiology)





Phase	Instruction/Pose	Image
Standing	Tadasana Mountain Pose	 <p style="text-align: center;">Mountain Pose</p>
	Shaking Qi Gong	
	Vinyasa	Standing FB, Side Stretching, Twisting, To Center & Chair Pose - Repeat
	Downward Dog/ Forward Bend hybrid to chair	

<p>Standing Balance</p> <p>Hamstring and Glute stretch – leg to chair</p>		 <p>The illustration shows a person in profile, wearing a yellow tank top and teal leggings. They are standing on their left leg, with their right leg raised and the foot resting on the seat of a red chair. The person's right hand is on their hip. The background is white with the text '© Tummee.com' appearing twice.</p>	
<p>Triangle pose with foot in chair or raised</p> <p>Or</p> <p>Triangle Pose with Block</p> <p>Adductor stretch</p>		 <p>A photograph of a man in a black t-shirt and black leggings performing Triangle Pose. He is standing on a red mat with his feet wide apart. His right foot is on a red block. He is leaning forward, with his right hand on the block and his left hand on his hip. The background is a plain wall.</p> <p>NO PHOTO AVAILABLE FOR FOOT IN CHAIR VARIATION</p>	
<p>Downward Dog/ Forward Bend hybrid to chair</p>		 <p>A photograph of a woman in a blue long-sleeved shirt and purple leggings performing a hybrid pose. She is in a downward dog position with her hands resting on the seat of a wooden chair. Her feet are on a dark mat on the floor. The background is a plain wall.</p>	
<p>Wide Legged FB</p> <p>Release</p> <p>Align & Balance Hips to Feet</p> <p>Notice this photo – There's some hip imbalance. Notice this possibility in yourself and adjust your centeredness in your hips and the reach of your legs out of your hips</p>		 <p>A photograph of a woman in a white long-sleeved shirt and white leggings performing a Wide Legged Forward Bend. She is on a purple mat on the floor with her feet wide apart. Her hands are on the floor, and her head is tucked down between her feet. The background is a white brick wall.</p>	

<p>Wide Legged move side to side and then bending knee/lunge</p> <p>Move softly and slowly with hands on the floor for support</p>	 
<p>Wide Legged FB</p>	
<p>Low Lunge</p> <p>From the Forward bend, shift your feet to one side and then bend your front knee and lower the back knee to the floor</p> <p>Hands can remain on the floor, on your thigh or arms raised overhead</p> <p>Quadricep/Thigh stretch</p>	  

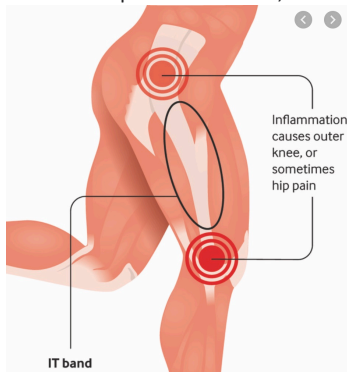
<p>Wide Legged FB</p> <p>Then switch sides for Low Lunge</p>			
	<p>Tadasana Mountain Pose</p>	 <p>Mountain Pose</p>	
	<p>Warrior 2</p> <p>First dynamically in and out of the pose and then hold</p>		
	<p>Side angle</p> <p>Lower hand to thigh or floor or onto a block</p>		

	<p>High lunge with blocks and twist</p> <p>From side angle pose (above) pivot on feet to the side and align feet parallel and hips distance apart and then bend front knee and move into high lunge</p> <p>Optional: Twist in the direction of the bent front knee. "Hug" inner thigh to ribs in order to keep knee in alignment with ankle and hip joint</p>		
<p>Transition to the Floor</p>	<p>Downward Facing Dog</p>	 <p>Downward Dog</p>	
<p>Seated</p>	<p>Dandasana Stick Pose</p>		
	<p>Seated Twists IT Band stretch</p>		

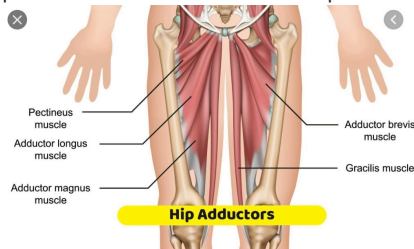
	Seated FB		
Reclining	Transition onto back		
	Hip Release		
	Sivasana Rest		

A LITTLE GOOGLED ANATOMY AND PHYSIOLOGY

The iliotibial band (IT band) is also known as the iliotibial tract or Maissiat's **band**. It's a long piece of connective tissue, or fascia, that runs along the outside of your leg from the hip to the knee and shinbone. The **IT band** helps to extend, abduct, and rotate your hip.

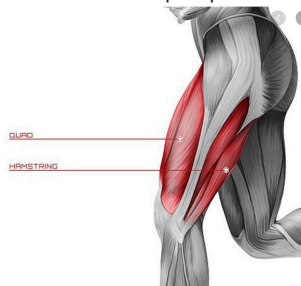


The adductors are a group of muscles, as the name suggests, that primarily function to adduct the femur at the hip joint. Although they are all located somewhere along the medial side of the thigh, they originate in different places at the front of the pelvis.

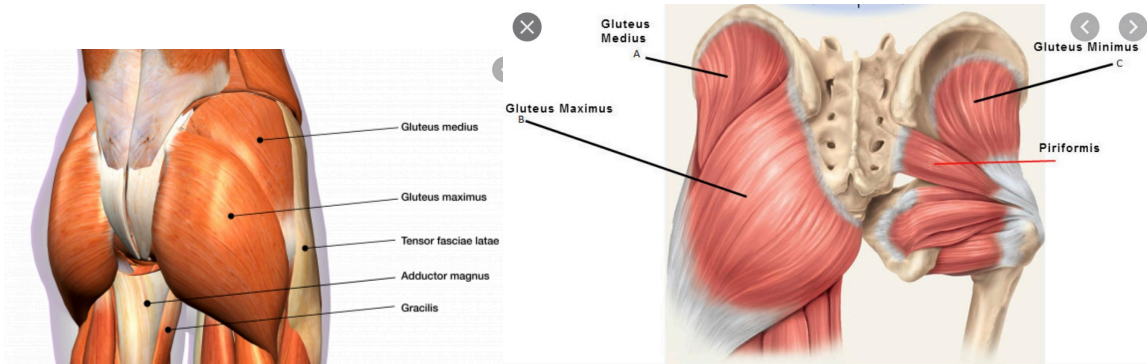


To Adduct - a transitive verb. : to draw (something, such as a limb) toward or past the median axis of the body also : to bring together (similar parts) **adduct** the fingers.

The hamstrings are a group of muscles that cross the hip and knee joints and are responsible for walking, running, jumping, and many other physical activities. The **hamstrings** flex the knee joint and extend the thigh backward to propel movement.



The gluteal muscles, commonly called **glutes** are a group of three muscles which make up the buttocks: the **gluteus** maximus, **gluteus** medius and **gluteus** minimus. The three muscles originate from the ilium and sacrum and insert on the femur. The **gluteus** maximus muscle exhibits four **actions** on the hip joint; extension, external rotation, abduction and adduction of the thigh. When its proximal attachment is fixed, **gluteus** maximus acts as the main extensor of the hip joint, pulling the shaft of the femur posteriorly.



Thigh Muscles: Quadriceps Femoris. The quadriceps femoris consists of four individual **muscles**; three vastus **muscles** and the rectus femoris. They form the **main** bulk of the **thigh**, and collectively are one of the most powerful **muscles** in the body. **Actions:** Extends the knee joint and stabilizes the patella. The iliopsoas is actually two muscles, the **psoas major** and the **iliacus**. They originate in different areas, but come together to form a tendon, hence why they are commonly referred to as one muscle. **Actions:** Flexes the thigh at the hip joint.

