

Your hips don't lie: You need these 3 stretches

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Featured topic

Hours in a chair can leave your hips tight, stiff, and less mobile, which may affect the way you move and feel throughout the day. These three simple stretches can help improve hip mobility, reduce tension and counter some of the effects of prolonged sitting—no equipment necessary.

In this video, you'll learn:

- Alternating Pigeon to open the glutes and improve hip mobility
- Figure Four Twist to target the glutes, piriformis, and lower back
- 90/90 Hip Rotation to improve internal and external hip rotation
- How often to perform these stretches for best results
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Transcript

Narrator: If you sit all day, your hips are probably feeling it. Here are three stretches to help improve mobility, reduce stiffness and get your body moving better.

First, Alternating Pigeon—start in a standard push-up or plank position and lift your left knee forward, bringing your shin across your body. Switch from one side to the other in a slow, controlled motion. Hold on each side for 30 to 60 seconds, and repeat two to three

times. This stretch opens up your glutes while improving hip mobility after long hours of sitting.

Next is the Figure Four Twist. Start in a sit-up position and cross one ankle over the opposite knee. Then gently rotate your legs toward one side while keeping your shoulders on the floor. Switch sides and hold on each side for 30 to 60 seconds. Repeat two to three times.

You should feel a stretch through your glutes, outer hips, lower back, and piriformis muscles that help rotate and stabilize your hip. It's great for relieving tension that builds up from sitting.

Finally, the 90/90 Hip Rotation—sit with both knees bent at 90 degrees and touching the floor. Gently lift and lower your front knee five times. Switch sides and repeat two to three times. This stretch targets both internal and external hip rotation, helping improve flexibility and making everyday movements feel easier.

Try these stretches five times a week. Your hips will thank you. If you feel pain while doing these exercises, talk with your doctor.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.