



Community Education

Fall 2023

Stretches: Hips and legs

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Course Description: Find out how to decompress and mobilize joints of your hips and legs; learn stretches for tight muscles, ease the tension on your nerves and explore exercises to strengthen postural muscles.

Learning Outcomes: *As a result of taking this course, students will:*

Outcome #1: learn how to warm up and strengthen the different joints of the hips and legs

Outcome #2: We will practice how to stretch the many muscles of the hips and legs.

Outcome #3: Discuss unique issues and techniques to address them. Ex: sciatica, lower cross syndrome

Course Schedule:

Joint circles

Nerve gliding

Static and active stretching

Corrective exercises

Selected Bibliography/Resources:

Below you will find recommended references and online links to give you more information about the topics of this course. If you have a special interest on a topic we discuss, please ask me for further references.

Joint circles (Controlled Articular Rotations -CARs) look up on YouTube for examples
<https://www.physioiq.com.au/blog/controlled-articular-rotations>

Nerve gliding - Very well health <https://www.verywellhealth.com/nerve-flossing-in-physical-therapy-4797516>

Corrective exercises - "Kneesovertoesguy" on YouTube

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/