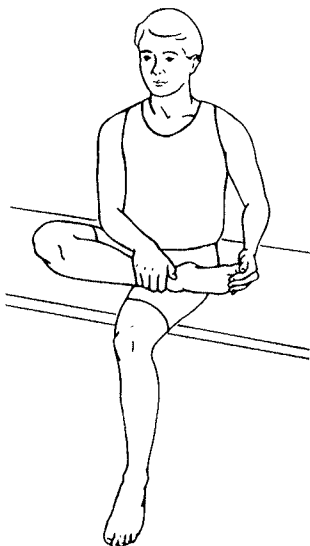


Sit on the edge of a chair with involved leg crossed over the other. Sit up tall and lean forward until you feel a stretch in your hip. Hold 20 seconds.



Repeat 5 times.
Do 2 sessions per day.

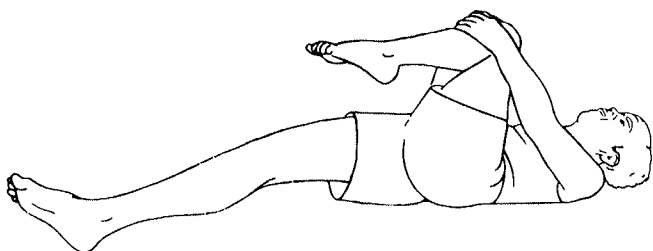
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

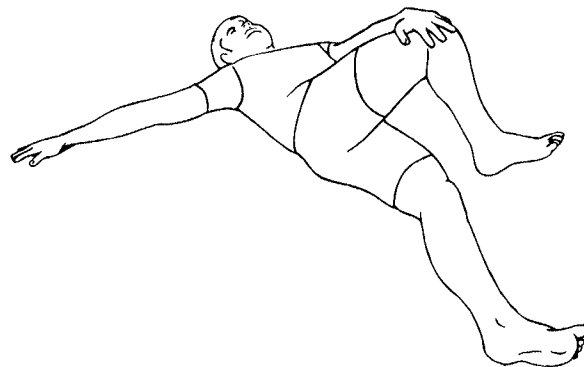
HIP OBLIQUE - 5 External Rotators



Clasp hands around knee and gently press it toward opposite shoulder. Hold _____ seconds. Feel stretch in buttocks and outside of the hip. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 6 External Rotators

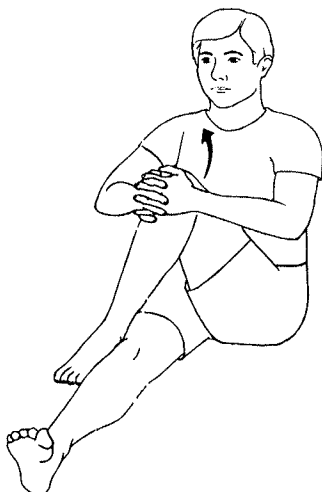


Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold _____ seconds. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

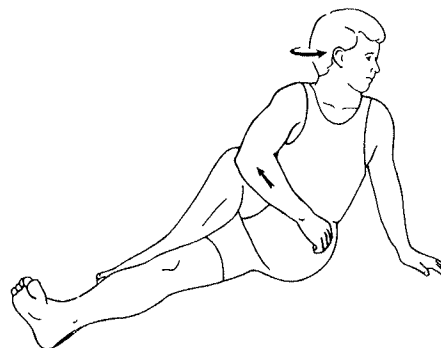
HIP OBLIQUE - 7 External Rotators

From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold _____ seconds. Repeat with other knee.



Repeat _____ times.
Do _____ sessions per day.

HIP OBLIQUE - 10 External Rotators

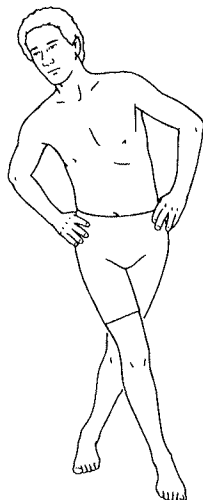


With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold _____ seconds. Repeat with other side.

Repeat _____ times. Do _____ sessions per day.

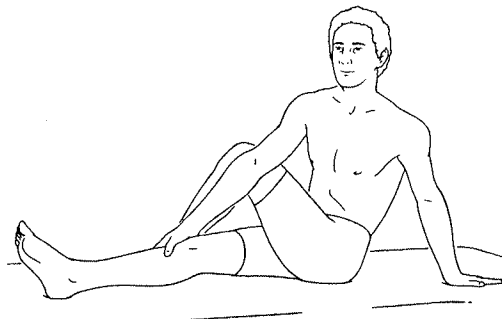
HIP / KNEE - 36 Stretching: Tensor

Cross one leg over the other, then lean to same side until stretch is felt on other hip. Hold 20 seconds.



Repeat 3 times per set.
Do _____ sets per session.
Do 2 sessions per day.

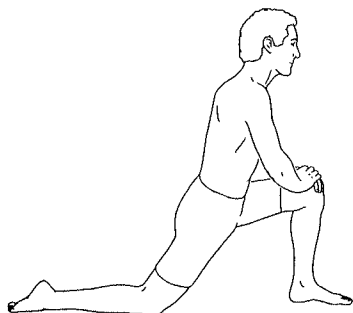
HIP / KNEE - 35 Stretching: Piriformis



Cross one leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 20 seconds.

Repeat 3 times per set. Do _____ sets per session.
Do 2 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 20 seconds.

Repeat 3 times per set. Do _____ sets per session.
Do 2 sessions per day.

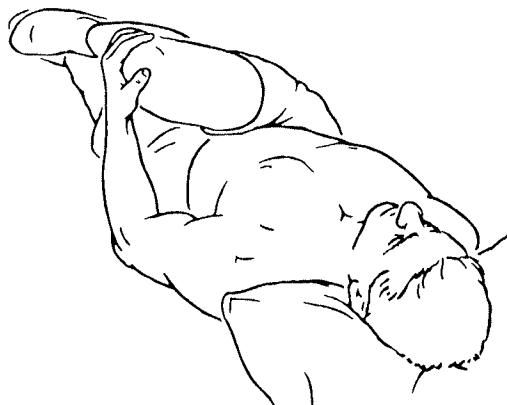
HIP / KNEE - 48 Piriformis (Supine)



Cross legs. Gently pull knee toward chest until stretch is felt in buttock/hip of top leg. Hold 20 seconds.

Repeat 3 times per set. Do _____ sets per session.
Do 2 sessions per day.

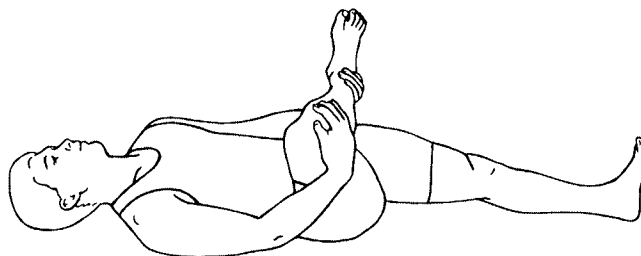
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull knee toward opposite shoulder. Hold 20 seconds. Relax.

Repeat 3 times per set. Do _____ sets per session.
Do 2 sessions per day.

HIP OBLIQUE - 8 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 20 seconds. Repeat with other leg.

Repeat 3 times. Do 2 sessions per day.