

Total 5



## BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Attempt to keep your spine straight as you shift your chest forward.

Repeat 3 Times  
Hold 20 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



## KNEELING HIP ADDUCTOR STRECH

Kneel down on your target side knee. Place the opposite leg directly out to the side. Next, lean towards the side as you bend the "up" knee for a stretch to the inner thigh of the target leg.

Repeat 3 Times  
Hold 20 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



## HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward shifting weight toward your front knee until a stretch is felt along the front of the hip of the leg behind you.

Keep torso upright and abdominals engaged

Repeat 3 Times  
Hold 20 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### PIRIFORMIS STRETCH - LONG SIT



Sit with one knee straight and the other bent and placed over the opposite knee. Block and support your bent leg with your opposite arm.

Gently turn your body towards the bent knee side.

Try to sit tall through your spine to protect your back.

Repeat 3 Times  
Hold 20 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### STANDING HIP EXTERNAL ROTATION STRETCHING



Place your leg on top of a table top as shown. You can move your foot out away from you some to achieve a bigger stretch.

If a stretch in your buttock is not felt you can lean forward at the hip to increase the stretch.

Attempt to maintain good spinal posture.

Repeat 3 Times  
Hold 15 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day