



## HIP ADDUCTOR STRECH - STANDING

Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Keep pelvis level and abdominals engaged.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

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



## SUPINE HIP EXTERNAL ROTATION STRETCH

While lying on your back with your leg crossed over your knee, use your hand and push the crossed knee away from you as shown.

Try to focus on keeping your pelvis flat on the table and brace abdominals to protect spine.

A small towel can be placed under hip joint of the crossed leg to help to stabilize the pelvis.

Repeat 5 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



## PIRIFORMIS STRECH

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

Your opposite knee can be bent with your foot on the table depending on your flexibility level. Or the opposite leg may be kept straight and on the table.

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



## HIP FLEXOR STRETCH - FOOT ON CHAIR

While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

Keep your abdominals engaged to avoid extending or arching your back. You may hold onto counter top if your balance is challenged.

Repeat 5 Times  
Hold 10 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day