

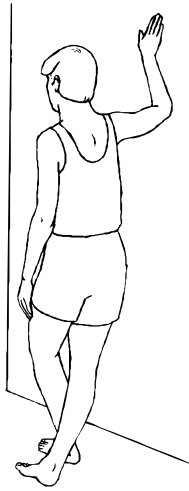


HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold 15 seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg *in front of* the left leg.

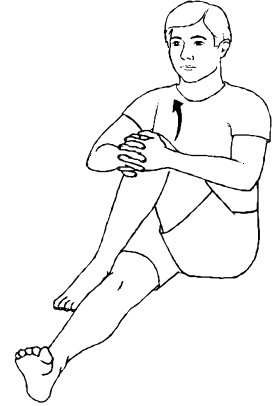
Repeat 3 times.  
Do 2 sessions per day.



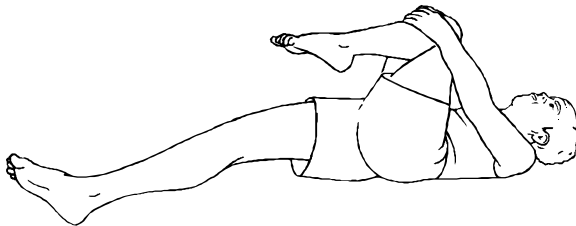
HIP OBLIQUE - 7 External Rotators

From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold 15 seconds. Repeat with other knee.

Repeat 3 times.  
Do 2 sessions per day.



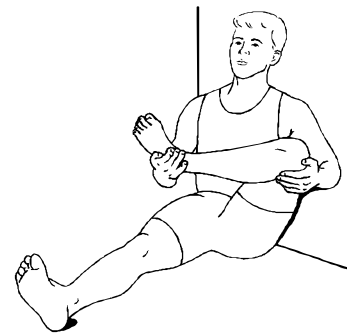
HIP OBLIQUE - 5 External Rotators



Clasp hands around knee and gently press it toward opposite shoulder. Hold 15 seconds. Feel stretch in buttocks and outside of the hip. Repeat with other leg.

Repeat 3 times. Do 2 sessions per day.

HIP OBLIQUE - 12 Internal Rotators

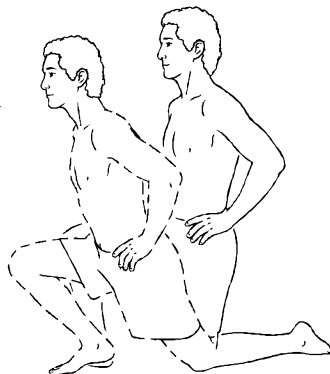


With back against wall, gently pull leg toward chest until stretch is felt. Hold 15 seconds. Repeat with other leg.

Repeat 3 times. Do 2 sessions per day.

Hip Extension/Psoas Muscle stretch

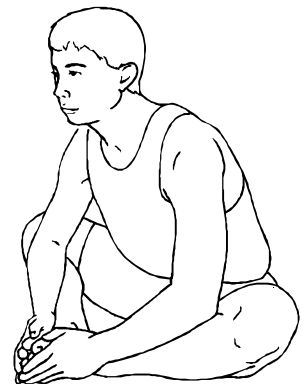
Kneeling on one leg, slowly lean forward over other leg, and arching upper body back. Hold 20 sec.



Do 3 sets per session.  
Do 3 sessions per day.

GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 20 seconds.



Repeat 3 times.  
Do 2-3 sessions per day.