

## AT-HOME EXERCISES

# HIP



### HIP/KNEE - Stretching: Piriformis Stretch

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

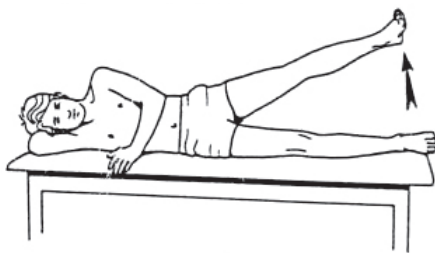
- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



### HIP OBLIQUE - Internal Rotators

Gently pull foot and knee toward shoulder, rotating at hip.

- Hold 15 seconds.
- Repeat with other leg.
- Repeat 3 times.
- Do 2 sessions per day.



### HIP and KNEE - Strengthening Side-lying Hip Abduction

Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches away from floor.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



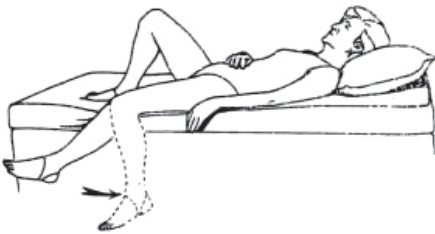
### HIP OBLIQUE - Iliotibial Band

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.

## AT-HOME EXERCISES

# HIP



### HIP - Hip Flexor Stretch

Lying on back near edge of bed, bend one leg, foot flat. Hang other leg over edge, relaxed, thigh resting entirely on bed for 1 minutes.

Advanced Exercise: Bend knee back keeping thigh in contact with bed.

- Repeat 1 times.
- Do 2 sessions per day.