

## AT-HOME EXERCISES

# HIP



### Piriformis Stretch

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

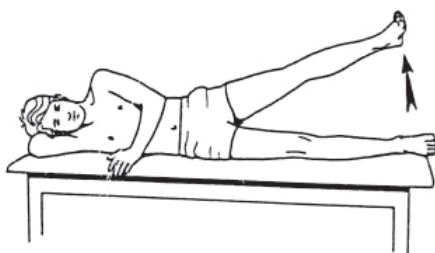
- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



### Internal Rotators Stretch

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.



### 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.



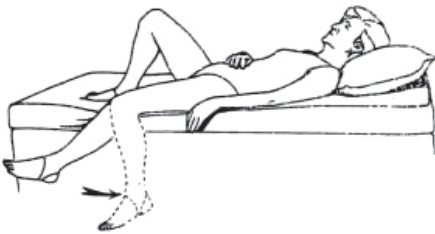
### Iliotibial Band Stretch

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.

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### 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.