

“Crab Walk”



Keeping knees in line with the 2nd toe and tension on the band, slightly squat with hips back.



Step to one side, maintaining alignment, keeping shoulders over hips and a neutral spine. Repeat side stepping while maintaining hip and knee positions.

Hip Stretches



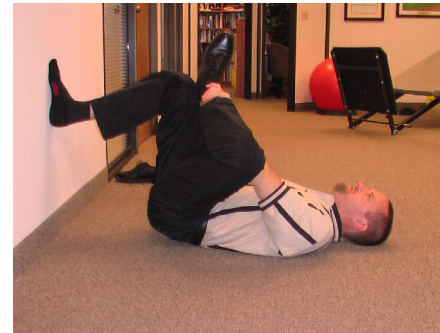
Soles of feet together, stretch knees towards floor. Hold ____ seconds. Repeat ____ times.



Cross one ankle over the opposite knee. Use the same side hand to press the knee away keeping the hips flat on the floor. Hold ____ seconds. Repeat ____ times.



Cross one foot over the opposite leg. Grasp the knee and ankle and stretch the knee toward the opposite shoulder. Hold ____ seconds. Repeat ____ times.



Place foot on a wall and cross the opposite ankle over the first knee. Press knee away with hand. Hold ____ seconds. Repeat ____ times.

“Crab Walk” (knees)



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Step to one side, maintaining alignment, keeping shoulders over hips and a neutral spine. Repeat side stepping while maintaining hip and knee positions.