

# MARIN PHYSICAL THERAPY

## Hip External Rotation Stretches



Single frog leg sitting.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.



Single frog leg lying.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.



Frog leg.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.



Standing external rotation.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.