

Hip Stretches



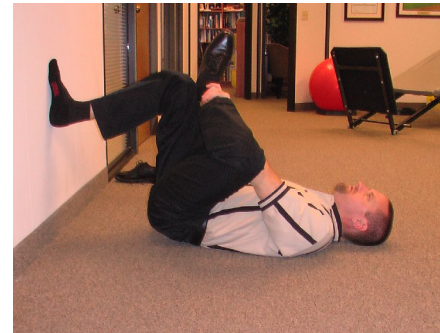
Soles of feet together, stretch knees towards floor. Hold ____ seconds. Repeat ____ times.



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.