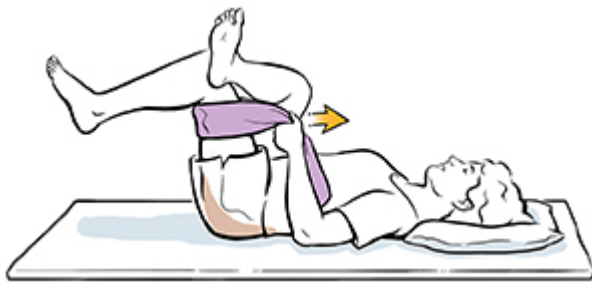


Hip External Rotation (Flexibility)



These instructions are for the right hip. Switch sides for your left hip.

1. Lie on your back on the floor. Keep your knees bent and feet flat on the floor. Don't press your neck or lower back to the floor.
2. Rest your right ankle on your left knee.
3. Place a towel around the back of your left thigh. Pull on the ends of the towel to pull your left knee toward your chest. Feel the stretch in your buttocks. You can also perform this exercise with locking your fingers behind your thigh instead of using a towel.
4. Hold for 30 to 60 seconds. Lower your leg back down.
5. Repeat 2 to 3 times, or as instructed.
6. Switch legs and repeat.
7. Do this 3 times a day, or as instructed.



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