

1/2 Kneeling Hip Stretch

- Kneel on your right knee with your left foot on the floor.
- With your back straight, drive your left knee forward until you feel a stretch in the front of the right hip.

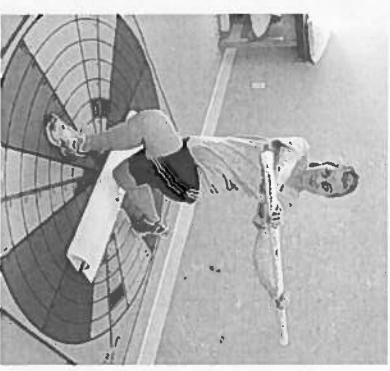
- Hold ____ sec
- Repeat ____ times
- ____ times/day

■ Modifications

- Perform the same stretch with the left foot at a 45 degree angle
- Rotate trunk to the same side as the front leg
- Side bend trunk to the opposite side as the front leg



30 sec
3x ea. leg
1-2x/day



Should knee be facing same direction as feet?
Can I use chair as support?