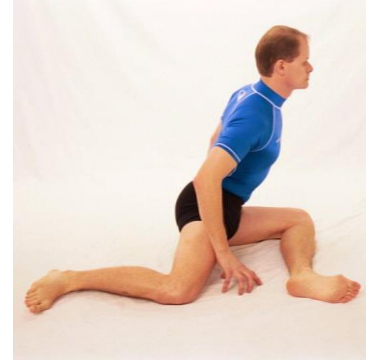


Hip Stretches



Start with one knee in front and one knee to the side.



Maintain low back curve, (neutral lordosis) as you lean forward.

90/90 Hip Stretch:

Thighs and legs are 90° to body. Neutral back position, lean forward, chest out, (holding the stretch in each position for 15-30 seconds) 1. to knee, 2. mid-shin, and 3. to foot,. Switch sides and repeat.



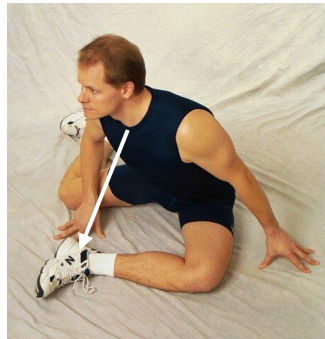
Wrong, do not flex from waist.



1. To knee

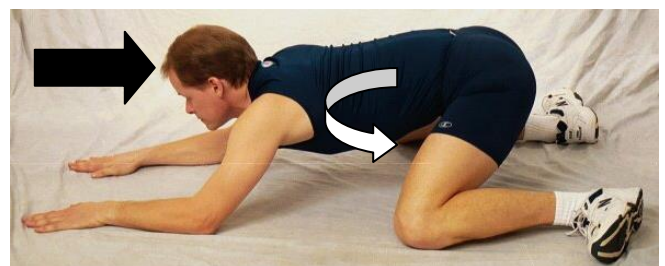


2. To mid-shin



3. To foot

Start with the right thigh forward of body, stretch all three positions, then switch to left thigh forward, and stretch all positions. Avoid poking the chin out. Try to maintain a neutral neck posture. You should feel the stretch in the hips and butt, not in the low back.



Adductor Stretch: Start on all four's (as above left) and shift backwards to the heels, feeling a stretch in the groin, hips and inside the thighs. Slowly glide back and forth as well as side-to-side to accentuate the stretch. The flatter you can get to the floor, the more intense the stretch will feel.