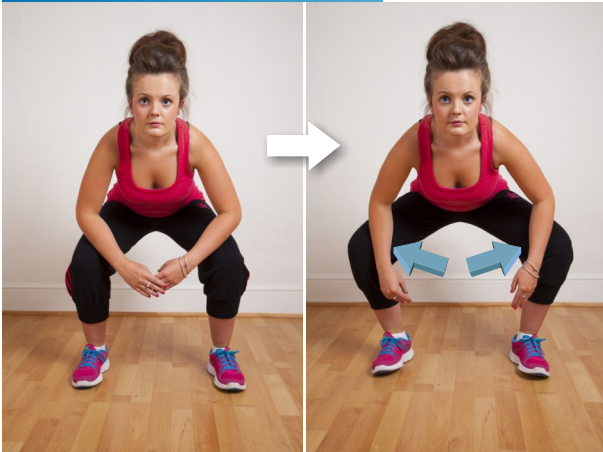


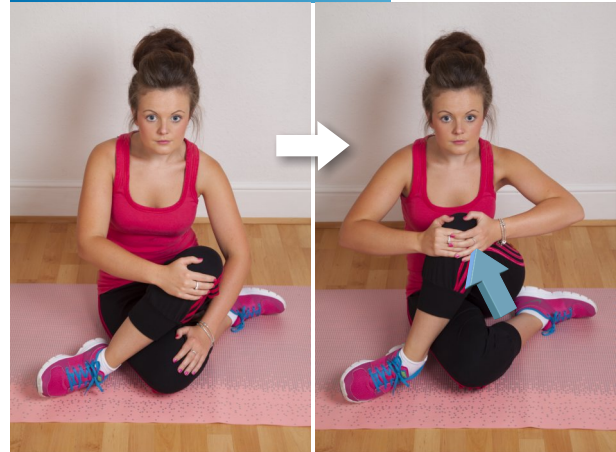
Home Exercises - Hip stretches - 3 sets per day

INNER THIGH STRETCH



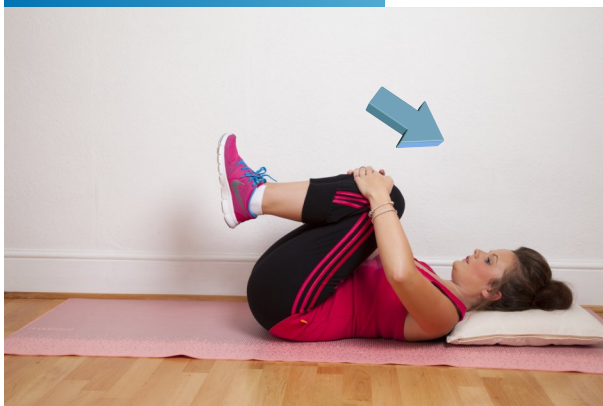
Elbows against thighs, push out. Hold for 10 secs.

PIRIFORMIS STRETCH



Pull knee to chest stretching thigh. Hold for 10 secs.

KNEES TO CHEST



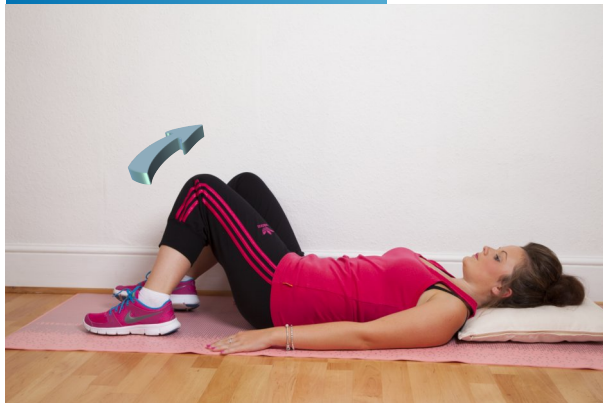
Pull knees to chest stretching hips. Hold for 10 secs.

INNER THIGH STRETCH 2



Push knees down towards the floor. Hold for 10 secs.

ROLLING HIP STRETCH



Roll your hips and try to touch the floor. Repeat 10X.



Roll your back a little if it helps with the stretching.

FRONT HIP STRETCH



Raise hips away from the floor. Repeat 10X.



Try not to arch your low back focus on stretching hips.