

Home Exercises Hip / Thigh stretching:



Exercise 1 of 6 **HIP**

EXTERNAL ROTATION/FLEXION

1. Stand propping leg on solid object as shown
2. Lean your trunk forward so that you feel a stretch



Exercise 3 of 6
HIP ADDUCTION

1. Stand with side facing wall
2. Cross the leg behind the other leg and toward the wall
3. Bend the forward knee slightly and lean your trunk toward the wall until you feel a stretch on the outside of the hip (see arrow)



Exercise 2 of 6 **HIP**

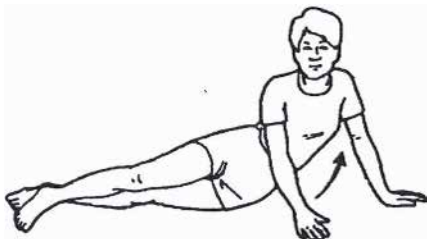
ADDUCTION

1. Stand with side facing wall as shown
2. Lean hip toward wall, while leaning trunk away from wall



Exercise 4 of 6

1. Stand with side facing wall
2. Cross the leg behind the other leg and toward the wall
3. Twist trunk toward the wall, using hands for support as shown
4. Bend the forward knee slightly until you feel a stretch on the outside of the hip (see arrow)



Exercise 5 of 6 **HIP**
ADDUCTION

1. Lie on side, with lower leg behind upper leg as shown
2. Keeping hip on floor, use arms to press trunk upright



Exercise 6 of 6
HIP ADDUCTION

1. Lie on side, with upper leg behind lower leg as shown
2. Allow the upper leg to sag downward toward floor
3. Do on floor for mild stretch, or over edge of bench as shown for greater stretch

All exercises should be repeated 30 times and held for 10 seconds. 2 sessions per day are recommended