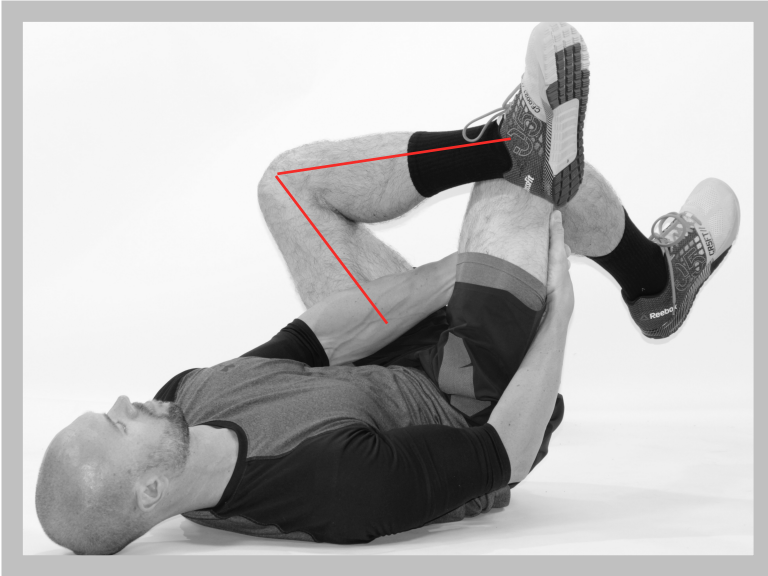
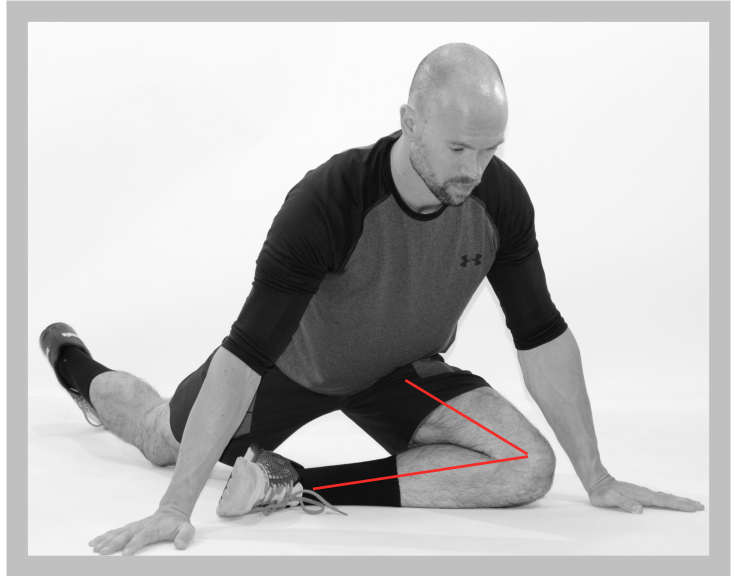


POSTERIOR HIP



OPTION 1



OPTION 2

INSTRUCTIONS

Option 1 : Laying on your back, place the ankle of the stretching leg above of the opposite knee. Bend the non-stretching leg and use both hands to grab behind that same knee. A stretch should be felt in the buttocks/hip area of the leg that is resting on top of the other. Placing your unsupported foot against a wall will provide added support and require less effort.

Option 2: Start off on your hands and knees. Straighten the non stretching leg behind you lifting the knee off the ground but still keeping the toes planted. Pull the stretching leg under your body so the foot crosses under the opposite thigh and the knee is roughly below your belly button. From there shift your weight backwards, sliding the rear leg along the floor until adequate stretch is felt in the buttocks/hip of the bent leg.



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Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk