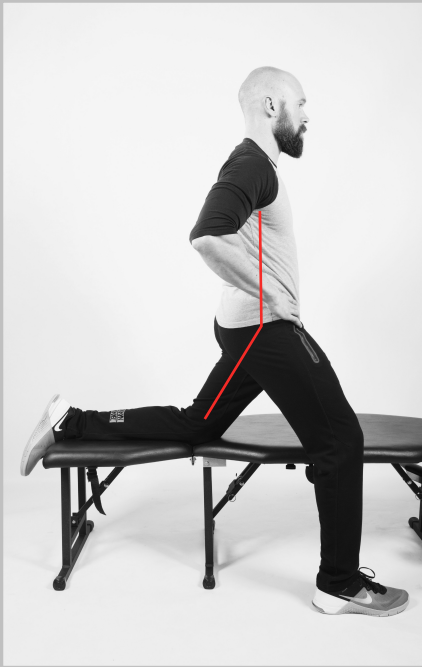


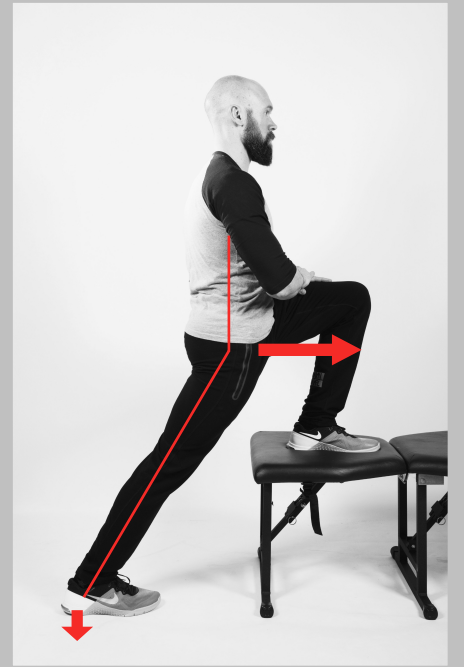
ANTERIOR HIP (ILIOPSOAS EMPHASIS)



OPTION 1



OPTION 2



OPTION 3

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Option 1: Start in a half kneeling position. Keeping your torso in a vertical position, move your hips forward. For a bigger stretch, reach the same side arm overhead and lean slightly away from the side of stretch. Squeezing your butt will assist in a better stretch. The stretch should be felt along the front of the kneeling side hip.

Option 2: If kneeling is not possible or bothersome, using a bed or table to rest your leg on is an acceptable alternative. (see picture above). Perform the stretch as described in Option 1.

Option 3: Take a long step forward with the non stretching leg, moving the hips forward while simultaneously trying to push the heel of the stretching leg towards the ground. Placing the foot of the non stretching leg on a step or chair is also acceptable.



Northwestern Health
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