

HIP OBLIQUE - 1 Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Hold _____ seconds. Repeat to other side.



Repeat _____ times.
Do _____ sessions per day.

HIP OBLIQUE - 2 Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold _____ seconds. Repeat to other side, with right leg over left.



Repeat _____ times.
Do _____ sessions per day.

HIP OBLIQUE - 3 External Rotators



From a sitting position, move both feet to one side as shown until a stretch is felt. Hold _____ seconds. Repeat to the other side.

Repeat _____ times. Do _____ sessions per day.

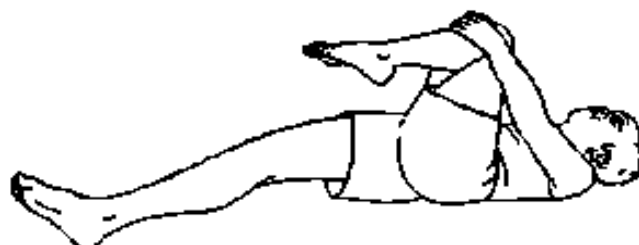
HIP OBLIQUE - 4 External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold _____ seconds. Repeat with left leg over right.



Repeat _____ times.
Do _____ sessions per day.

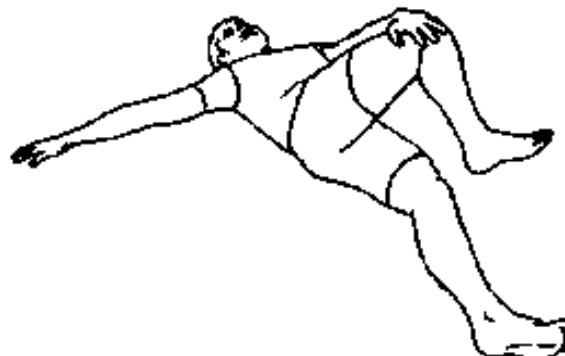
HIP OBLIQUE - 5 External Rotators



Clasp hands around knee and gently press it toward opposite shoulder. Hold _____ seconds. Feel stretch in buttocks and outside of the hip. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold _____ seconds. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 7 External Rotators

From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold _____ seconds. Repeat with other knee.



Repeat _____ times.
Do _____ sessions per day.

HIP OBLIQUE - 8 Internal Rotators

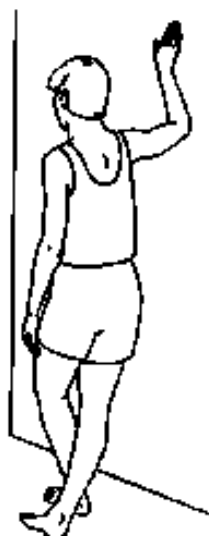


Gently pull foot and knee toward shoulder, rotating at hip. Hold _____ seconds. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 9 Iliotibial Band

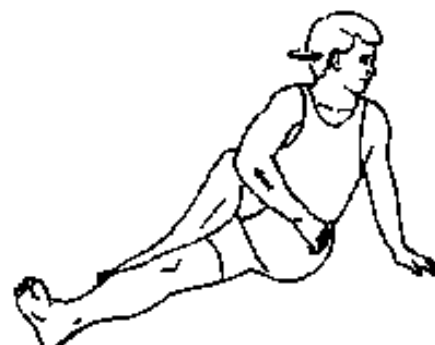
Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold _____ seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg in front of the left leg.



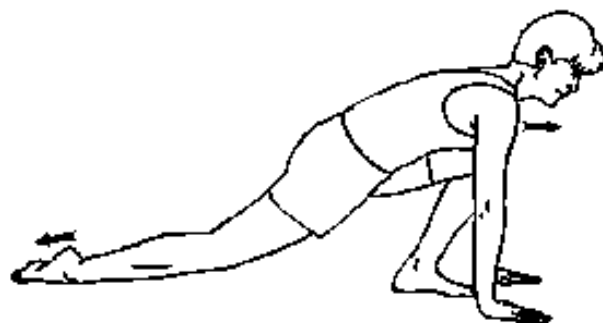
Repeat _____ times.
Do _____ sessions per day.

HIP OBLIQUE - 10 External Rotators



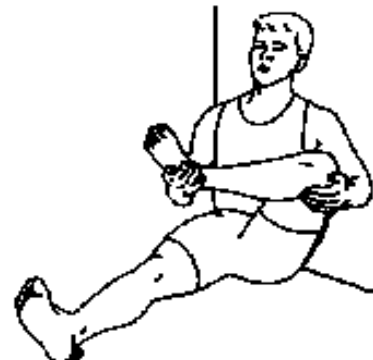
With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold _____ seconds. Repeat with other side.
Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 11 Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold _____ seconds. Repeat with other foot.
Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 12 Internal Rotators



With back against wall, gently pull leg toward chest until stretch is felt. Hold _____ seconds. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.