

72 Deep Hip

Stretches:

Gluteals, Deep Hip Rotators, Lateral Hip

Action:

- Back leg in line with front knee
- Slide hands forward
- Lower chest to knee
- Hold the stretch



73 Front Hip Slide

Stretches:

Ilio-Psoas, Rectus Femoris

Action:

- Place bolster under ankle
- Slide leg backward
- Sag hip toward floor
- Keep front knee open
- Hold the stretch



74 Front Hip

Stretches:

Ilio-Psoas, Rectus Femoris

Action:

- Front foot well forward
- Hand on buttock of back leg
- Lean hips forward
- Hold the stretch



75 Hip Bend

Stretches:

Gluteals, Upper Hamstrings, Posterior Hip Joint

Action:

- Knee to chest
- Pull knee toward opposite shoulder
- Hold the stretch



76 Buttock

Stretches:

Gluteals, Upper Hamstrings, Deep Hip Rotators, Posterior Hip Joint

Action:

- Clasp knee
- Draw legs toward chest
- Hold the stretch



77 Hip Bend Twist

Stretches:

Upper Hamstrings, Posterior Hip Joint, Gluteals, Deep Hip Rotators

Action:

- Grasp outside of ankle & knee
- Lift leg & hug toward chest
- Hold the stretch



78 Cross Leg

Stretches:

Posterior Hip, Gluteals, Deep Hip Rotators, Low Back Extensors

Action:

- Slide bolster backward
- Reach forward
- Hold the stretch



79 Hip Twist

Stretches:

Hip Joint (Internal rotation), Deep Hip Rotators

Action:

- Feet & knees well apart
- Bring knees together
- May need to move feet further apart

