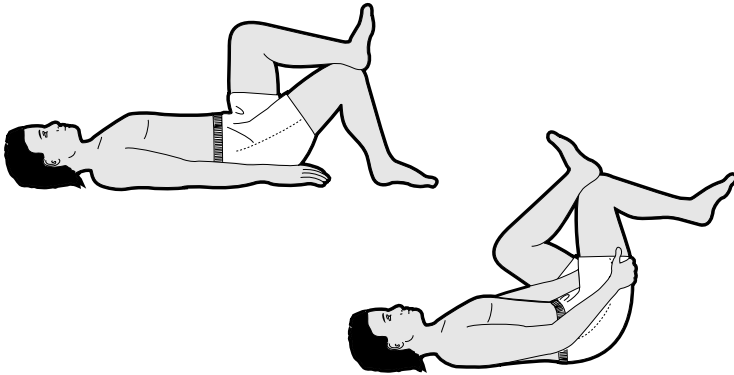


## HOME EXERCISE PROGRAM

### HIP ROTATOR STRETCH



**Purpose:** To stretch the deep hip internal rotator muscles.

**Position:** Lie on your back with your knees bent and one foot resting on the opposite knee.

**Action:** Grasp your unelevated thigh behind the knee and pull it gently toward your chest. Feel the stretch in your buttock. Hold without bouncing for 20 - 40 seconds; then switch sides.

If it is difficult for you to hold your thigh, place a rolled towel behind your knee and grasp both ends of the towel.

Repeat \_\_\_\_\_ times each leg, \_\_\_\_\_ times a day.