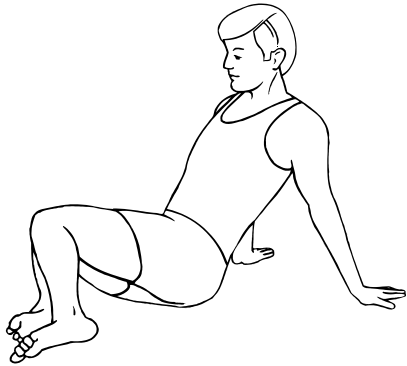


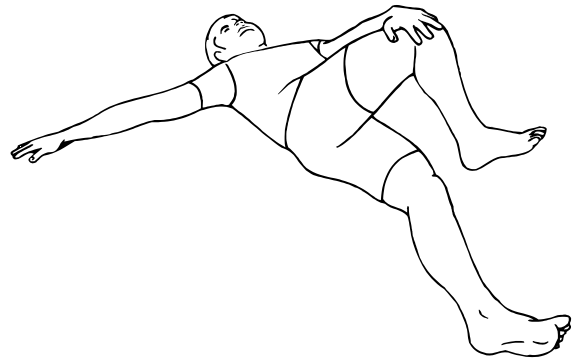
HIP OBLIQUE - 1 External Rotators



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.

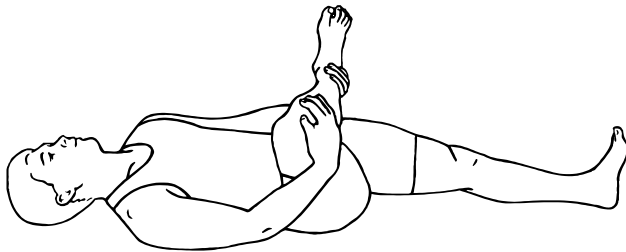
HIP OBLIQUE - 2 External Rotators



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 - 3 Internal Rotators

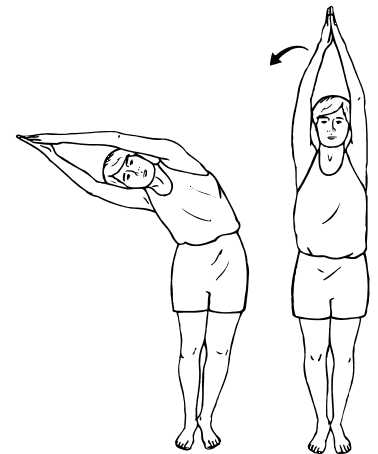


Gently pull foot and knee toward shoulder, rotating at hip. Hold ____ seconds. Repeat with other leg.

Repeat ____ times. Do ____ sessions per day.

HIP OBLIQUE - 4 Abductors

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

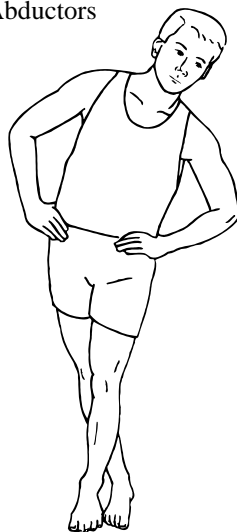


Repeat ____ times.

Do ____ sessions per day.

HIP OBLIQUE - 5 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.

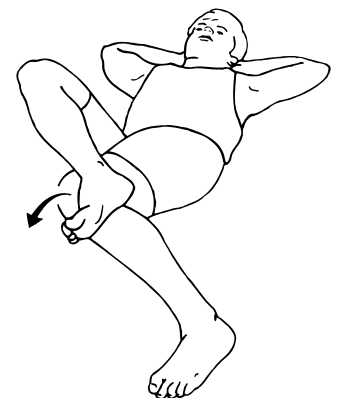


Repeat ____ times.

Do ____ sessions per day.

HIP OBLIQUE - 6 External Rotators

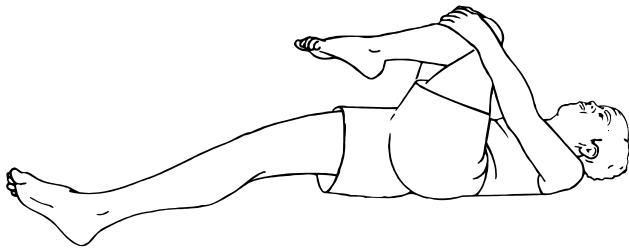
Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold ____ seconds. Repeat with left leg over right.



Repeat ____ times.

Do ____ sessions per day.

HIP OBLIQUE - 7 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.