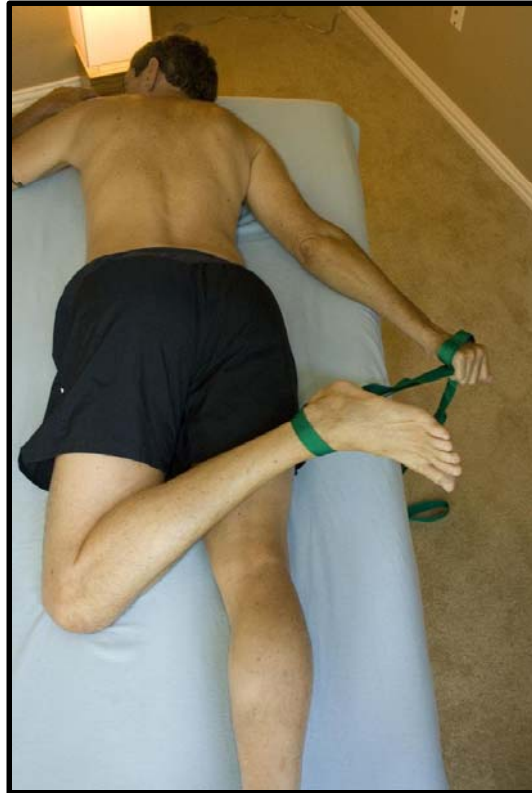


Hip Stretches



Medial Rotators Stretch

- Step 1: Face down, stretch rope around ankle, held in opposite side hand; arm is straight
- Step 2: Bend knee 90°, bring it toward other leg
- Step 3: M.E.T. Push ankle into rope as you resist with rope for 10 seconds
- Step 4: Relax, stretch leg toward other leg hold for 2 seconds
- Step 5: Repeat 2-3 times