

# Hip Stretches



## Lateral Hip Rotators Stretch

1. Sit with legs straight
2. Place your hands above the knee to be stretched
3. Turn your thigh inward (medial rotation)
4. Assist gently with your hands for 2 seconds
5. Repeat stretch 2-3 times
6. Move leg to be stretched away from the other leg (6")
7. repeat steps #2-5
8. M.E.T. - Turn thigh outward, against resistance of hands for 10 seconds
9. Relax and stretch inward