



1: Hip External Rotation with Bent Knee in Supine

- Lie on back with one knee bent
- With stomach muscles tight, slowly lower bent knee away from body and back to midline
- Keep opposite leg straight and hips in contact with surface
- Repeat as instructed

Sets: 1 **Reps:** 3 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 30s **Side:**



2: Hip Flexor Stretch in Supine

- Lie on back with one leg hanging over side of bed
- Pull opposite knee tight toward your chest until comfortable stretch is felt
- Hold as instructed

Sets: 1 **Reps:** 3 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 30s **Side:**



3: Gluteal Stretching in Supine

- Lie on back with knees bent
- Raise one foot up off surface
- Pull knee toward chest until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 3 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 30s **Side:**



4: Piriformis Stretch in Supine

- Lie on back
- Bend one knee up and grab with opposite hand
- Pull leg across body toward shoulder until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 3 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 30s **Side:**