

Hip Circles



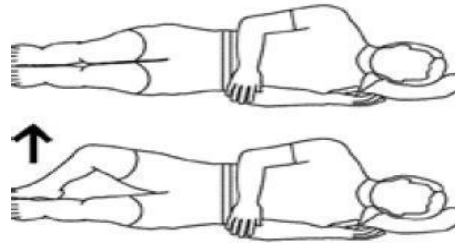
If needed use a wall or countertop for support. Then begin by standing on 1 leg and start doing clockwise small circles with the other leg. Gradually start making the circles bigger as you go. Then reverse and do counterclockwise. Repeat with the other leg.

Butterfly Stretch



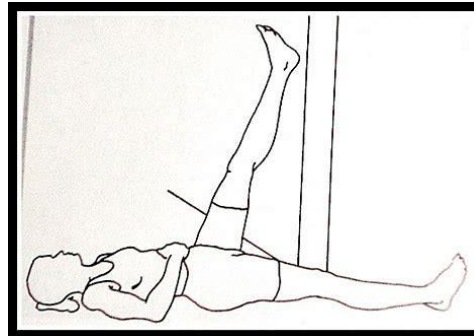
Place the soles of your feet together and let your knees drop toward the floor until you feel a stretch in your inner thighs and hold. Then gradually push down with your elbows increase the stretch. Hold position for 30 seconds.

Clam Shell



Lie on your side with bent knees and a resistance band around your lower thighs. Rotate your top leg up as high as you can, then pause for a moment. Lower to the starting position.

SLR Doorway



Lie down on the ground with your butt as close as possible to the left side of the doorway. Lift your left leg up to the wall and allow your right leg to stretch out straight on the floor. Roll your shoulders back and relax your arms by your sides. Keep both legs as straight as possible during the stretch. Hold for 5 deep breaths and repeat on the other side (this may mean flipping around and having your torso be outside of the room).

Kneeling Hip Flexor Stretch



Begin in a half-kneeling position with your forward foot out at a 90 degree angle to your hip. Shift your weight forward, pushing your knee toward the front foot as far as you can. Hold, then relax and repeat. Tip Make sure to maintain your balance and move only through a pain free range of motion.

Frog Stretch (High Impact so start slow, if have pain is to much STOP)



Start on all fours. Slide your knees wider than shoulder-width apart. Turn your toes out and rest the inner edges of your feet flat on the floor. Shift your hips back toward your heels. Move from your hands to your forearms to get a deeper stretch, if possible. Hold for for 30 seconds to 2 minutes.