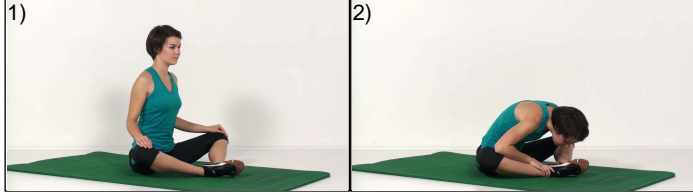


Stretch groin sit



- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

Special Instructions:

Try to keep elbows on inside of knees.
Perform 3 sets of 12 repetition(s), twice a day.
Hold exercise for 12 Seconds.

Stretch Piriformis supine w/hip flex



- Lie on back.
 - Lift involved leg to chest and grasp knee with opposite hand.
 - Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.
- Perform 3 sets of 12 repetition(s), twice a day.

Hold exercise for 12 Seconds.

Stretch Piriformis longsit



- Sit with one knee bent, ankle to inside of extended leg, as shown.
- Grasp knee and pull thigh across toward opposite shoulder.
- Relax and repeat with other leg.

Perform 3 sets of 12 repetition(s), twice a day.

Hold exercise for 12 Seconds.

Stretch IT band sidelying

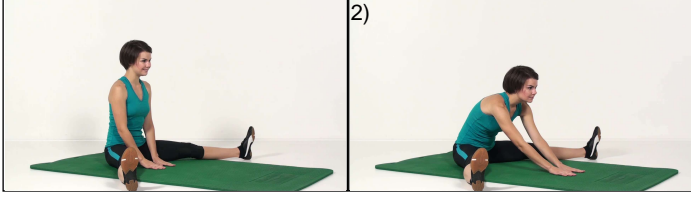


- Lie on uninvolved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Keep leg straight and rotated outward.

Perform 3 sets of 12 repetition(s), twice a day.

Hold exercise for 12 Seconds.

Stretch hip adductors longsit

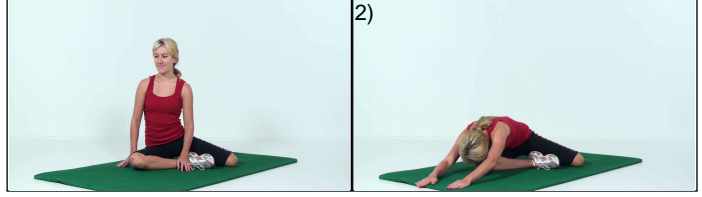


- Sit on floor with legs apart, knees straight.
- Slowly lean forward until a gentle stretch is felt.
- Hold, return and repeat.

Perform 3 sets of 12 repetition(s), twice a day.

Hold exercise for 12 Seconds.

Stretch Piriformis sit



- Begin sitting on floor as shown, involved leg in front.
- Lean forward and toward involved side until stretch is felt in buttocks.

Perform 3 sets of 12 repetition(s), twice a day.

Hold exercise for 12 Seconds.

Stretch IT band supine hip rotn



- Lie on back, knees bent.
- Lift leg over opposite knee as shown.
- Use top leg to push bottom leg down.
- Repeat with other leg on top.

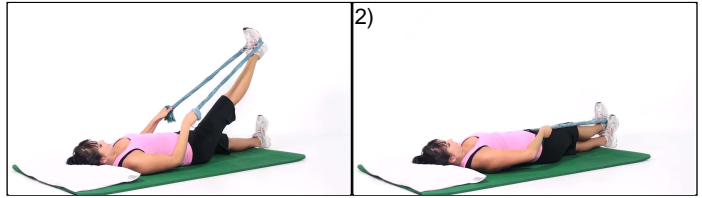
Special Instructions:

Stretch only to within your limits.
Do not try to push knee all the way to floor.
Keep back and hips level with floor.

Perform 3 sets of 12 repetition(s), twice a day.

Hold exercise for 12 Seconds.

Stretch IT Band supine w/towel



- Lie on back.
- Place towel around bottom of foot as shown.
- Raise leg and straighten knee.
- Gradually lower leg over other leg, keeping knee straight until a gentle stretch is felt in hip.

Perform 3 sets of 12 repetition(s), twice a day.

Use Towel.

Hold exercise for 12 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.