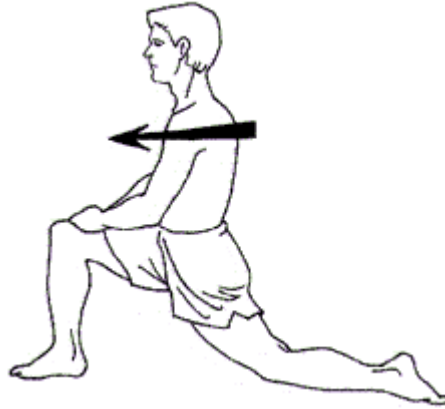


# Hip Range of Motion



STARTING IN THE HALF-KNEELING POSITION MOVE YOUR HIPS AND TRUNK FORWARD UNTIL A STRETCH IS OBTAINED IN THE HIP POCKET (HIP FLEXORS) OF THE THIGH WHOSE KNEE IS KNEELING ON THE GROUND. TAKE CARE NOT TO ARCH THE BACK.

**Repeat:** 3 times      **Sets:** 0

**Hold Time:** 20 secs      **Resistance/Time:** 0

**Sessions:** 2 /day



SIT WITH THE INVOLVED LEG STRAIGHT OUT AND THE OTHER BENT AS ILLUSTRATED. GENTLY LEAN FORWARD REACHING TOWARD YOUR TOES TO OBTAIN A STRETCH.

**Repeat:** 3 times      **Sets:** 0

**Hold Time:** 20 secs      **Resistance/Time:** 0

**Sessions:** 2 /day



IN THE SEATED POSITION BEND BOTH LEGS AND PUT THE FEET TOGETHER. ALLOW THE KNEES TO LOWER TO THE GROUND TO INCREASE THE STRETCH.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



LYING ON YOUR BACK CROSS ONE LEG OVER THE OTHER KNEE. RAISE YOUR KNEE AND PULL THE THIGH TOWARD THE CHEST TO OBTAIN A STRETCH IN THE OPPOSITE BUTTOCKS REGION.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



SEATED IN A CHAIR CROSS THE INVOLVED LEG OVER THE OTHER. PRESS DOWN ON THE INSIDE OF THE KNEE IS INDICATED IN THE ILLUSTRATION.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		