

Hip/Glute Stretch

Standing, with a slight bend in your left knee – cross your right leg over the left knee, push your hips back while leaning forward. (Hold onto something for support). Hold for 30 seconds (6 deep breaths). Repeat other side.

Frequency: 5 repetitions each, daily, as tolerated.

Modified Version: Sit on floor with left leg bent and cross right leg over left knee, switch sides and repeat.



(Modified Version)