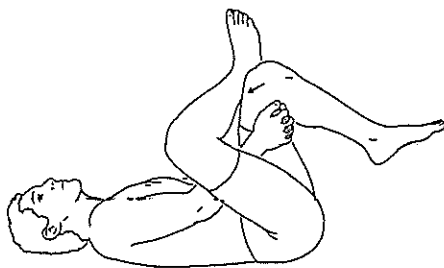


HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30-60 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

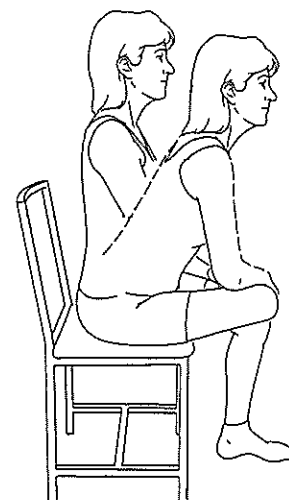
ADJACENT MUSCLE EXERCISE - 23

Posterior Hip: Chair Stretch

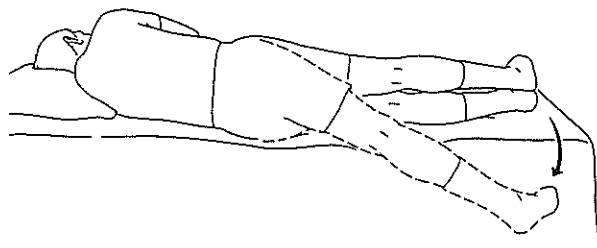
Sit in chair, right ankle on other thigh. Lean forearm onto knee until stretch is felt in back of hip. Hold 30 seconds. Relax.

Repeat 3 times.
Do 1-2 times a day.

X Repeat on other leg.

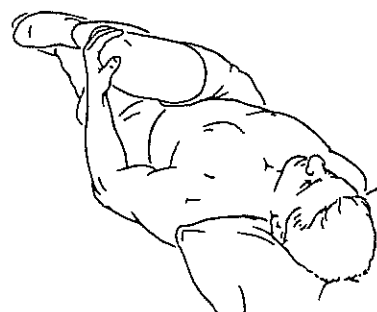


ADJACENT MUSCLE EXERCISE - 3
IT Band: Leg Hang (Side-Lying)



Lie on side with right leg on top. Keep hip and knee straight. Move top leg behind and hang over edge. Hold 60 seconds. Relax. Repeat 1 times. Do 2 times a day.
X Repeat on other side.

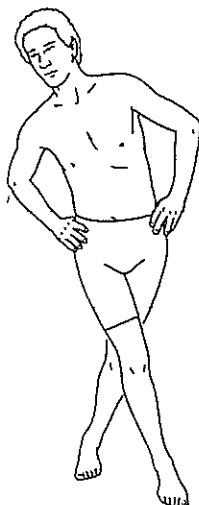
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull right knee toward opposite shoulder. Hold 20 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

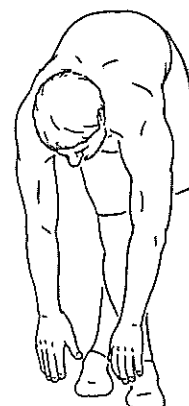
HIP / KNEE - 36 Stretching: Tensor



Cross right leg over the other, then lean to same side until stretch is felt on other hip. Hold 30-60 seconds.

Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band



Cross left leg behind other leg. Bend at waist, reaching toward floor. Hold 30-60 seconds. Relax.

Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.