

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 30 to 60 second static hold of this hip rotators stretch. Repeat on the other side.

Hip Rotators Stretch



How To:

1. Lie flat on your back
2. Place your right ankle over your left knee
3. Use both hands to grab your left hamstring
4. Slowly lift your left leg off the ground and keeping your right knee pushed out away from your upper body
5. Continue to breathe
6. Feel the stretch in your right hip
7. Hold for 30-60 seconds
9. Slowly ease out of the stretch
10. Repeat on the other side