

Muscle Energy Technique

Repeat steps 1-3, three times. Perform twice a day.

1



- Place your **right** knee above your right hip and your **right** hand on the outside of your knee.
- Blocking the movement of your hip with your hand, use approximately 10% of your strength to push your knee into your hand. **Hold 10 seconds.**
- Bring your knee closer to your face. Push your knee into your hand. **Hold 10 seconds.**
- Bring your knee even closer to your face. Push your knee into your hand once more. **Hold 10 seconds.**



2

- Place a ball between your knees. **Squeeze 8 times.**



3

- With the ball between your knees, lift your hips towards the ceiling. Imagine there are strings attached to your knee caps and someone is pulling the strings towards the front wall. You should feel a stretch in your hips and low back.
- **Perform once.**