

Hip Extensor Stretches



- Lie on the floor, on your back with your legs flat on the ground.
- Keeping one leg flat on the ground, grab the other knee with your hands and draw it up toward the same side shoulder.
 - You should feel the stretch in the middle of your buttock.
 - Hold the stretch for 10-20 seconds.
 - Repeat for the opposite leg.
 - Do each side 2x.

Lateral Hip Extensor/Rotators Stretch



- Lie on the floor, on your back with your legs flat on the ground.
- Keeping one leg flat on the ground, grab the other knee with your hands and draw it up toward the opposite side shoulder.
 - You should feel this stretch on the outside of your buttock.
 - Hold the stretch for 10-20 seconds.
 - Repeat for the opposite leg.
 - Do each side 2x.