

Gluteus Maximus

Position: Lying on your back with your knees bent and a pillow supporting your head.

Instruction: 1) Using your arms, bring your right knee towards your right shoulder as far as you can. Feel a stretch in your right bottom.

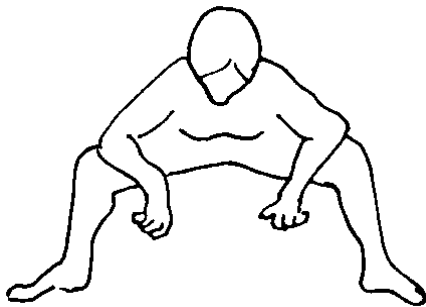
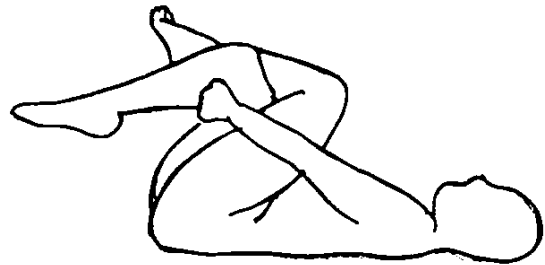
Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.

Piriformis

Position: Lying on your back with your knees bent and a pillow supporting your head.

Instruction: 1) Place your left ankle on the top of your right knee. 2) With your arms grasped around your right thigh, pull your right knee towards your head. Feel a stretch in your left bottom and hip.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.

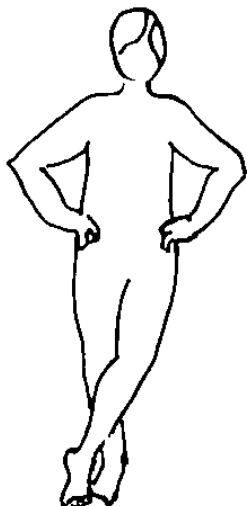


Adductors

Position: Squat with your feet further apart than your shoulders, and your toes pointing out slightly.

Instruction: 1) Place your forearms and elbows on your thighs, with your elbows pointing out. 2) Gently squat down as far as you can until you feel a stretch. 3) Using your elbows gently push your knees further apart. You should feel a stretch through the inside of your thighs towards your knees.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times.

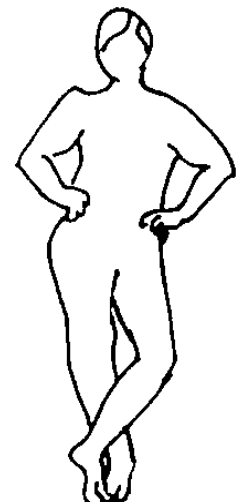


TFL

Position: Standing with your weight on your right leg and your left leg crossed in front of the right for balance. Hands on your hips and standing up straight.

Instruction: 1) Very slowly and gently push your right hip out towards the side, and slightly forward. You should feel a stretch through the outside of your right hip towards your thigh.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.



NOTE: Stretching should **NEVER** be painful, if you experience pain stop immediately and speak to a Myo therapist before resuming.