

Buttock/Hip Stretch

Flexion Exercise



- To do a Buttock/Hip Stretch, lie on your back with your knees bent and feet flat on the floor. Don't press your neck or lower back to the floor. Breathe deeply. You should feel comfortable and relaxed in this position.
- Rest your right ankle on your left knee.
- Place a towel behind your left thigh and use it to pull the knee toward your chest. Feel the stretch in your buttocks.
- Hold for 20 seconds. Release.
- Repeat 2 times.
- Switch legs.