

STRENGTHENING OF INTERNAL HIP ROTATORS

HIPS73



Strength
&
Stability

AREAS AFFECTED	ADVICE
<p>Piriformis The gluteals Others</p>	<p>Sitting on a chair with your feet apart, loop an elastic band over your ankle and secure to another object away from you on the same side as the leg chosen. With the knee bent, rotate your leg inwardly to stretch the elastic band. Avoid bringing the tights together. Hold and repeat.</p>