GLUTEUS MEDIUS, MINIMUS, TFL PIR #31

Purpose: Helps decrease pain, tension, stiffness. Improves flexibility and mobility.

Feel It: On the side of your leg, hip, buttocks.

Description:
- Lying on your side on a bed or table, let the “top leg” hang off the back edge and grasp the other side for support.
- Let the “opposite foot” rest on top of the leg for light downward pressure, until you feel a mild stretch in the outside of the hip.
- On an inhale, lift the hanging leg lightly, but resist any upward movement with the “opposite foot”. On the exhale, let the hanging leg relax with gravity.

Reps: 3-5

NOTE: The leg being stretched is the one you are NOT lying on.