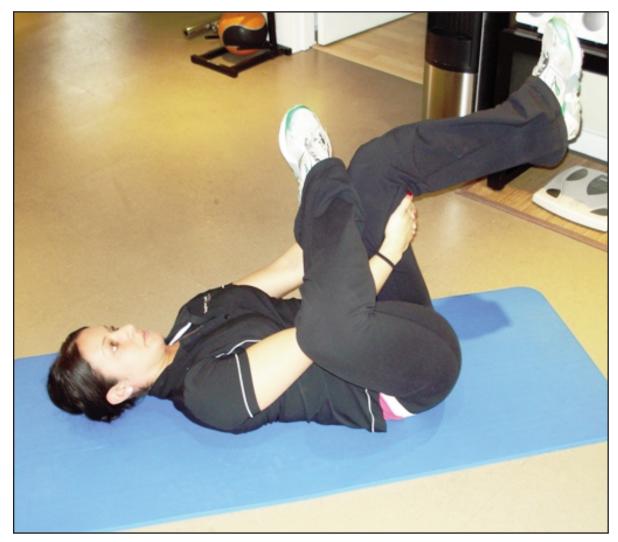
## **TTT Stretch of the Month**

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 30 to 60 second static hold of this hip rotators stretch. Repeat on the other side.

## **Hip Rotators Stretch**



## **How To:**

- 1. Lie flat on your back
- 2. Place your right ankle over your left knee
- 3. Use both hands to grab your left hamstring
- 4. Slowly lift your left leg off the ground and keeping your right knee pushed out away from your upper body
- 5. Continue to breathe
- 6. Feel the stretch in your right hip
- 7. Hold for 30-60 seconds
- 9. Slowly ease out of the stretch
- 10. Repeat on the other side