

# Hip/Low Back Stretch

## Seated

While sitting in a chair, cross your affected leg on top of the other as shown. It is fine if your crossed knee does not fall, just do your best. Ensure you are sitting straight and tall.

**Beginner:** Hold this position as you continue to sit tall and breathe.

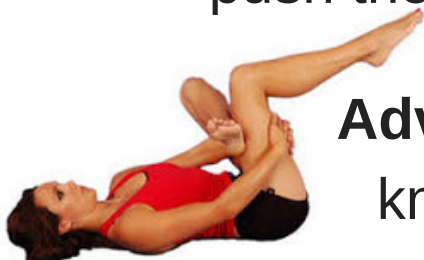


**Advanced:** Gently lean forward from the chest until a stretch is felt.

## Lying Down

Lie on your back with feet on the floor and knees bent. Cross one leg over, creating a "figure 4"

**Beginner:** Keep your foot on the floor while you gently push the bent knee away from your chest.



**Advanced:** Grasp both hands behind your the knee as shown and pull towards your chest