

Let's make it better

BRIXTON HILL

109 Tierney Road LONDON SW2 4QH

SOUTHFIELDS

95 Replingham Rd, London SW18 5LU



AIM: to stretch to external rotators of the hip, such as glut max and piriformis

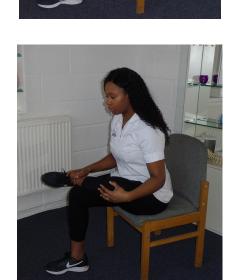
STARTING POSITION: Sitting perched on a chair, upright. You should feel like your sitting on the sit bones with the core gently engaged.

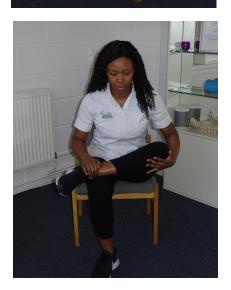
STEP 1: Cross one leg over the other with the ankle resting on the knee.

STEP 2: Keeping the chest high and hinging at the hip, lean forwards bringing your chest towards the knee on the floor.

STEP 3: Hold for 30seconds feeling deep stretch in buttock.

STEP 4: Increase stretch by pulling elevated knee to opposite shoulder. Hold for a further 30seconds.





Exercise Disclaimer

It is recommended that our exercises be carried out in conjunction with a personally prescribed treatment plan created by Tara Northey Osteopathy. If these exercises are used without professional guidance then it is at own risk.

TARA NORTHEY OSTEOPATHY

PHONE | 07946226629 EMAIL | taranortheyosteopathy@gmail.com WEBSITE | www.taranortheyosteopathy.co.uk