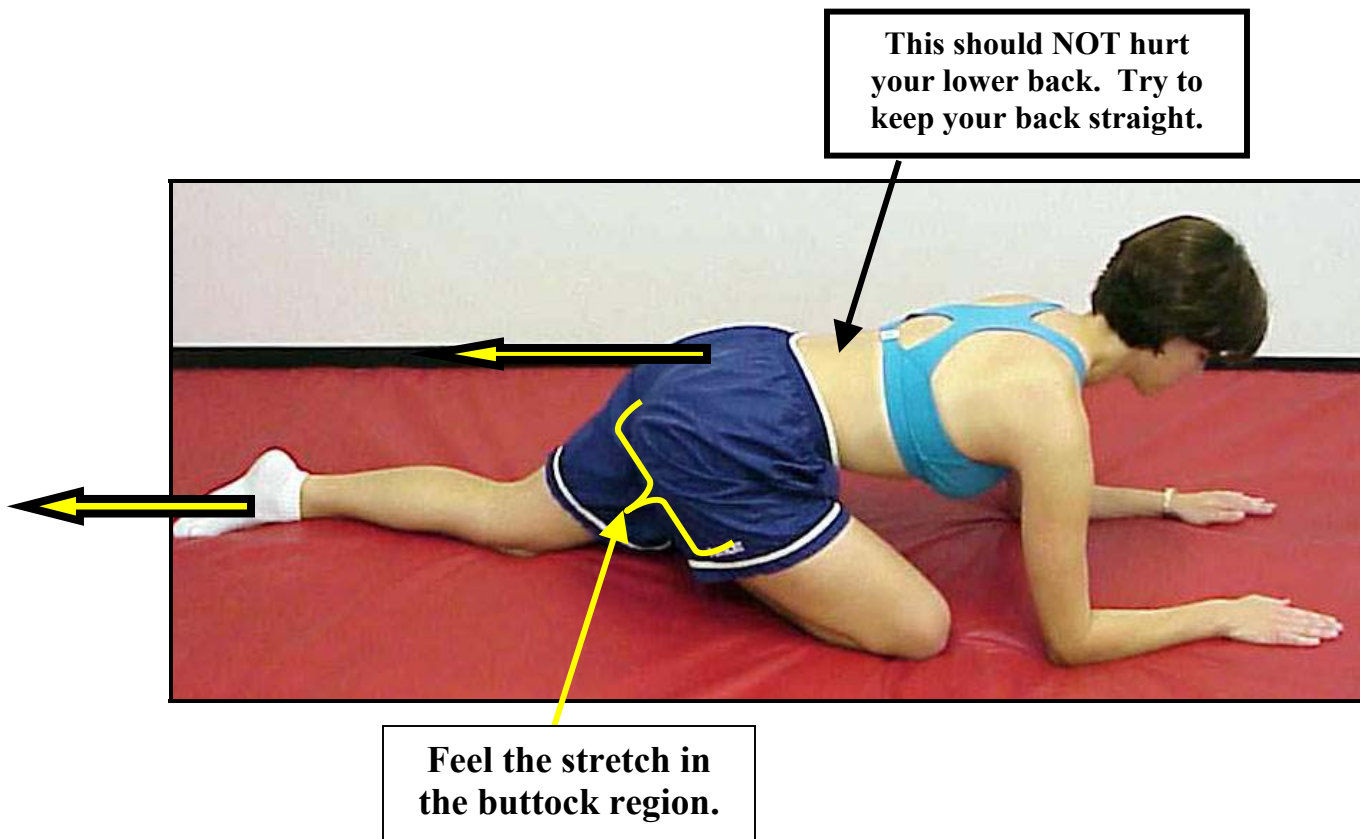


## RIGHT BUTTOCK STRETCH

- Start on your hands and knees. Position your right leg as shown below. The arch of your right foot should face upward and your right knee should be out to the side of your trunk..
- Slide your left leg away from your body while maintaining a neutral lumbar spine position (your physical therapist will help you with this).
- A stretch should be felt in your right buttocks. Once you feel the stretch in your buttocks, you can increase the stretch by resting on your forearms as shown below.
- Hold this stretch for \_\_\_ seconds and repeat \_\_\_ times.



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Adapted from: Bookhout, M R. Course Notes: Exercise Prescription as an Adjunct to Manual Medicine