

# EXERCISES

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## TWIST STRETCH

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### Part 1

- Lie down on your back.
- Bend your knees.
- Pick up your butt and move it 4 inches to the **left**.
- Straighten your **right** leg.
- Bring your **left** knee to the other side of your **right** leg.
- Keep your **left** shoulder on the ground to stretch your back.

### Part 2

- Straighten your knee to stretch your hip rotation.
- Hook your foot on an post (e.g. chair leg, table leg, etc.)