1 **Outer Leg Raise:** Lying on your left side, bend your left knee for stability. Keeping right leg straight, slowly raise as shown and return to start position. Repeat on opposite side.

2 **Inner Leg Raise:** Lying on your left side, bend your right leg as shown. Keeping your left leg straight, slowly raise it off the floor and return to start position. Repeat on opposite side.

3 **Hip Extension:** Lying on your stomach, bend your right leg to 90°, as shown. Slowly raise your heel up toward the ceiling, lifting your knee off the floor. Repeat with the opposite leg.

- **Tip:** While lifting your knee, keep both hips on the floor, careful not to rotate your low back.

4 **Piriformis Stretch:** Sit with right knee bent over the left leg, as shown. Gently pull right thigh across body towards left shoulder. Repeat on opposite side.

- **Tip:** You should feel this stretch through the back of your hip and spine.

5 **Quadriceps Stretch:** Grasp the right foot, keeping the knee pointed toward the floor, as shown. Repeat on opposite side.

- **Tip:** Use a wall or chair for stability as needed.
- **Tip:** You may use a towel wrapped around your foot if you cannot reach your foot, or grab your pant leg.
- **Tip:** Your should feel this stretch in the front of your thigh.

6 **Butterfly Stretch:** Seated as shown, bend the knees and bring the soles of your feet together. Let your knees fall towards the floor as you maintain an upright posture.

- **Tip:** You should feel this stretch in your inner thighs.

Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

PRECAUTIONS: This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

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