

Dynamic

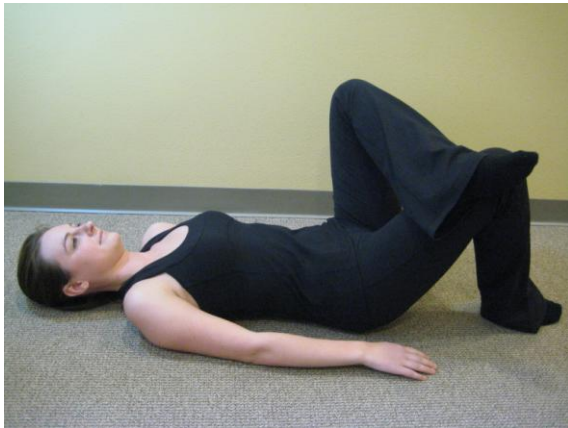
CHIROPRACTIC CLINIC

Better Health in Motion

External Rotator Stretch, II

Instructions: Duration 2 Minutes. Begin in a supine position. Cross the leg of the hip you wish to stretch over top of the other. Reach up around the “under” leg, and pull towards your chest. (In the picture the model is stretching her left side) You should feel the stretch in the center of your “cheek”. Hold the position for a minimum of 10 seconds, more reasonably 20; stop if you feel pain or dizziness.

Repeat a minimum of 3 times, up to 10 times, every day.



1.



2.

STRETCHING OCCURS OVER TIME. DOING ONE STRETCH ONCE A MONTH WON'T DO THE JOB!

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