

Dynamic

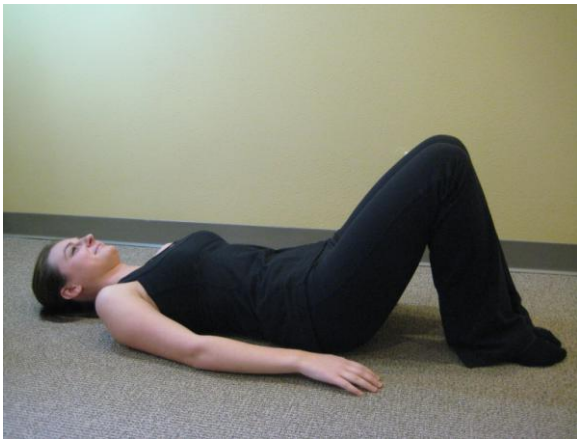
CHIROPRACTIC CLINIC

Better Health in Motion

Butterfly Stretch / Internal Rotator Stretch

Instructions: Duration 1 Minute. Lie supine, holding your feet together. Allow the weight of your knees to fall apart from one another. You should feel the stretch in your groin and hips. Hold the position for a minimum of 10 seconds; 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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