

MOBILITY_HIP_ER:

CROSS LEGGED THIGHS TO CHEST



Setup

- Lie on your back, cross your legs and grab your ankles.

Action

- Pull your ankles in towards your chest, pulling your hips off the floor.

Focus

- This exercise stretches the gluteal muscles, hip joint capsule, paraspinal muscles and posterior lumbar ligaments and fascia. Relaxing in this position teaches your nervous system to tolerate a greater range of motion.

Dose

- 1-3x/day 3(30)sec



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