

## SIDELYING STRETCH

### Figure 1 –

Lie on your side with your buttocks near the edge of your bed and both knees bent (make sure that you are resting on the side of your hip and not rolling forward or backward). Your body will line up on a slight angle with your upper body away from the edge of the bed. **NOTE:** Use a pillow under your waist/upper pelvis as directed by your therapist.

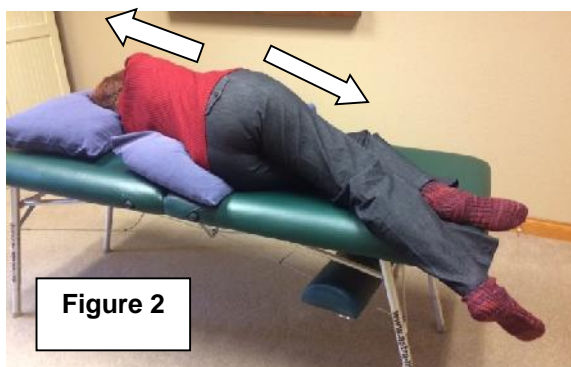
Slowly start to extend your top knee stopping where you feel a light stretch. Start softening by allowing the outside of your leg and hip to sink toward the table. After you feel a few releases progress to the next step.

Staying on the side of your hip, slowly start to slide your top leg back, stopping where you feel a light stretch. Imagine the pelvis lengthening away from the lower ribs. Wait 90-120 seconds.



**NOTE:** This should feel like “good” stretch and never be painful. If you are struggling or don’t know if you are doing it correctly check with your therapist so they are able to guide you.

### Figure 2 – ADVANCED



Follow Fig 1 technique for at least 90-120 seconds.

**Advanced:** Slowly let ankle or lower leg rest off the edge of your bed. Also, slowly slide your arm up and stop where you feel a light stretch. Then take a slow breath in, feeling your ribs lightly lengthen away from your pelvis. Hold for a minimum of 90-120 seconds and follow the releases.