

Exercise Prescription: Hip Internal Rotation- Supine

Purpose of Exercise:

This is a drill to improve and maintain internal rotation of the hip.

Starting Position:

Laying on your back with knees bent to about 90 degrees with arms out at your side (1).

Exercise Description:

Bring your right knee in until your right buttock lifts off of the ground and you feel a stretch in the front of the hip (2). Return to the starting position then repeat on the other side (4-5).

To get into a deeper stretch, you may place the opposite foot on the outside of the knee of the leg in the stretch as shown (3,6).

Pictures:

