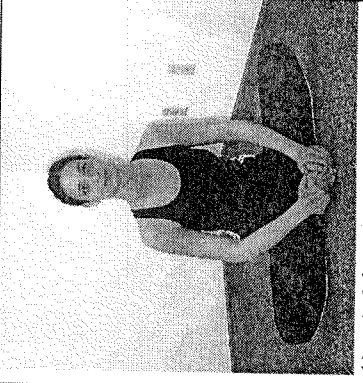
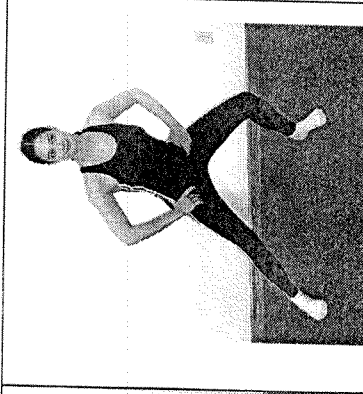
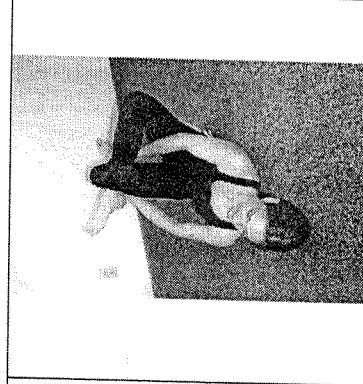
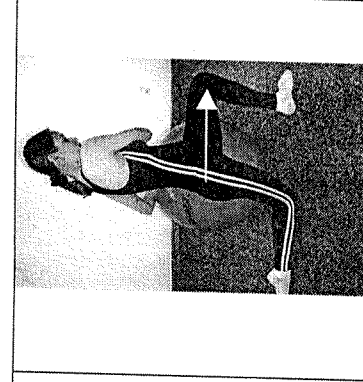
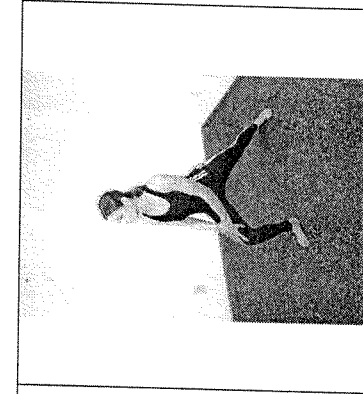
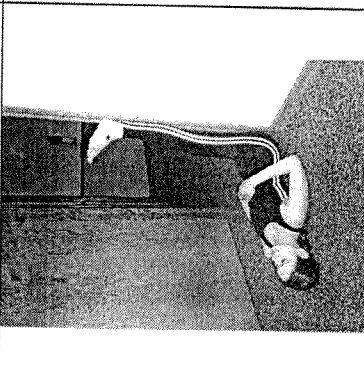
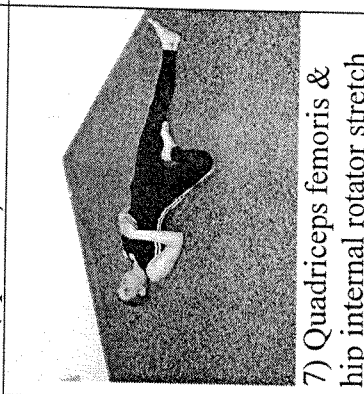
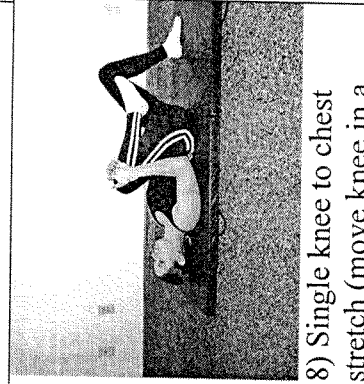
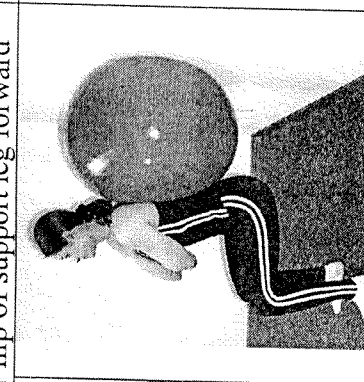
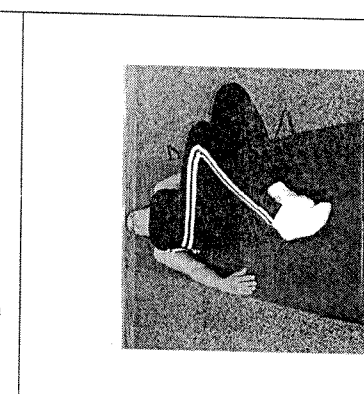


# TEST 22 HIP ROTATION TEST

## EXERCISE OPTIONS FOR STRETCHING THE HIP ROTATOR MUSCLES

 <p>1) Adductor stretch (option 1)</p>	 <p>2) Adductor stretch (option 2)</p>	 <p>3a) Piriformis stretch</p>	 <p>4) Iliopsoas stretch - move hip of support leg forward</p>	 <p>5) Hip flexor stretch</p>
 <p>6) Hamstrings stretch</p>	 <p>7) Quadriceps femoris &amp; hip internal rotator stretch</p>	 <p>8) Single knee to chest stretch (move knee in a circular direction)</p>	 <p>9) Wall-squats (to tolerance)</p>	 <p>10) Hip abduction/adduction</p>

**Hold Time:** Hold each repetition 3-10 seconds *except* for #6 – hold 3-5 minutes; #9 hold 20-30 sec. until muscles “burn”

**Repetitions:** \_\_\_\_\_ **Sets:** \_\_\_\_\_

**Sessions/day (circle):** 1 2 3 4 **Unlimited; Walk:** \_\_\_\_\_ minutes / \_\_\_\_\_ x day

**Instructions:** Perform each repetition very slowly, smoothly, and symmetrically. Stay within “safe-pain” limits.

**Objective:** To stretch and strengthen the hip rotator and surrounding supporting muscles.

NAME \_\_\_\_\_

DATE \_\_\_\_\_