Standing Supported Right Knee Flexion with Left Hip Approximation

1. Stand against a desk or counter, and place your right foot on a 2-inch block.
2. Place your hands on the surface in front of you and round your back.
3. Maintaining contact with your right arch, begin to straighten your right knee as you raise your left foot off the floor.
4. Keeping your left leg straight, hike your left hip up above the level of your right as you sidebend your trunk to the left. Your left foot will be higher than your right. You should feel your left inner thigh engage.
5. Keeping your left hip hiked, slowly begin to lower your left foot toward the floor by bending your right knee.
6. Continue lowering your left foot until it is about an inch from the floor. You should continue to feel your left inner thigh, along with the muscles on the front of your right thigh and right outer hip (buttock) engage.
7. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
8. Relax and repeat 4 more times.