Standing Posterior Capsule Stretch

1. Place your left foot behind you on a 2 to 6-inch block or step.
2. Keeping both feet flat, slowly shift your left hip back. Keep your weight through your left mid-foot/heel.
3. Rotate your trunk to the left by reaching for your left knee with your right hand. You should feel a stretch on the outside of your left hip (buttock). Pull your left knee in slightly and feel your left inner thigh engage.
4. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
5. Relax and repeat 4 more times.