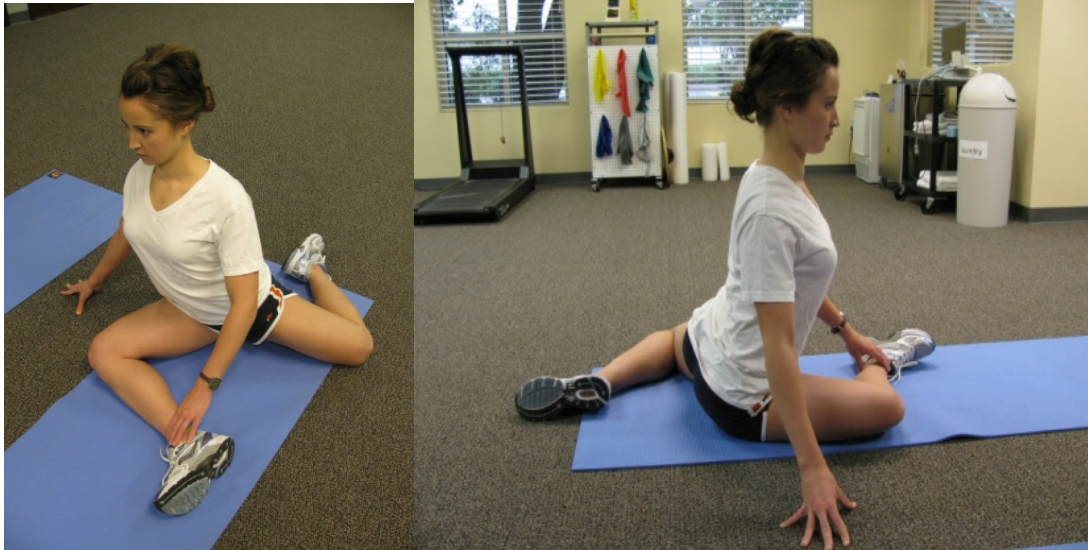


Erbst OrthoSport



Hurdler's Stretch

Sit on the floor with RIGHT/LEFT leg forward, and RIGHT/LEFT leg back. Front knee should be bent at 90 degrees; back knee will be bent beyond 90 degrees (approximately 130 degrees). Arch your lower back, stick your chest out, and lean forward, pushing your belly button down towards your front knee. You should feel a stretch in the posterior hip region of the forward leg. Maintain the curve in your lower back. Hold for ____ seconds.

Repeat _____ times per set. Perform _____ sets, _____ times per day/week.

Erbst OrthoSport Physical Therapy

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