

## Gluteal stretch – in lying

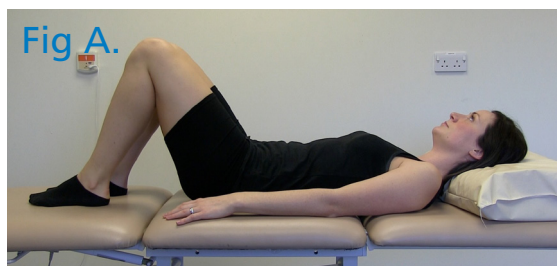


Fig A.

**Warning: Do not do this exercise if you have had a hip replacement.**

Lie on your back with knees comfortably bent (Fig A).

Place the ankle of the affected leg onto the opposite knee (Fig B).



Fig B.

Put one hand on your knee and one just above the ankle.

Slowly pull the leg towards the opposite shoulder until you feel a stretch in your buttock (Fig C).

Hold the stretch and repeat as advised by your physiotherapist.



Fig C.

You may find it easier to use a towel or belt around your leg just above your ankle (Fig D).

**For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)**

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



Fig D.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.