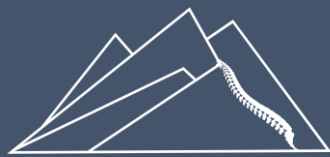


# 4 Point Stance: Hip Rotation

## Instructions

- Face down on hands and knees with hands directly under shoulders and knees directly under hips.
- Lumbar spine should remain in a neutral position.
- Extend one leg laterally, out to the side. Maintain a level pelvis.
- Sit back into heels until you feel tightness.
- Rotate foot on extended side until toes point up to ceiling.



**JH BACKCOUNTRY HEALTH**  
CHIROPRACTIC & WELLNESS

Sets:

Repetitions:

Frequency: