

# Hip Opener

## Why we do it:

Mobilise the hip joint.  
Stretch and create space between the trunk muscles. Balance and core strength.

## Functional Benefit:

Mobility  
Stability



Kneel with your knees together, arms at your sides. Get ready to do 3 things at once

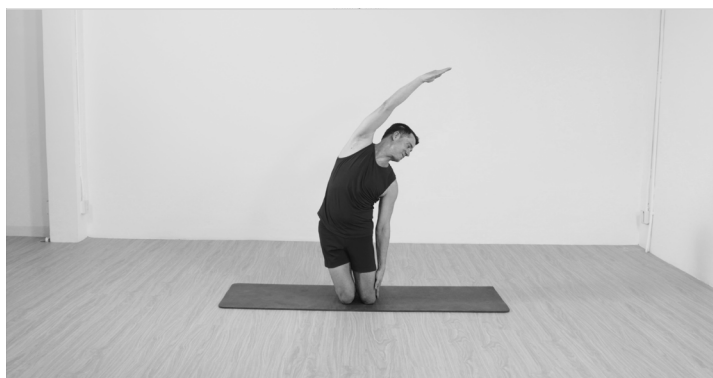


Rotate your trunk to the right.

With right leg, step to the right, keeping thigh parallel with the floor.

Extend the right arm to the side, reaching the elbow to the knee.

Extend left arm upwards.



Return to the centre.

Extend the right arm straight up and over your head, increasing the space between your hips and ribs as far as possible.

Return to the centre. Repeat on the opposite side.