

Sitting or lying Rotation Stretch (failed Ober Test)

Main muscles: Piriformis, external oblique rotators, internal oblique rotators. You should feel this stretch in your buttocks, as well as at your sides.

Frequency (Days per week): Minimum of three times per week up to daily (even multiple times per day).

Intensity: To the end of the range of motion and slight discomfort. If you stretch far enough, but not too far, you should feel this stretch subside as you hold the stretch.

Duration (Repetitions): Start with 1 or two and progress to 4-6 repetitions (reps) per exercise. Hold the stretch for a minimum of 10 seconds up to 60 seconds or more. Once you can perform 6-reps regularly, progress to one set of 6 reps with a rest and then another set of 2-6 reps. When you can do two-sets of 6-reps you can start a third set (or maintain). Once you reach 3-sets of 6 reps you typically would maintain that exercise volume.

Notes: Lying down is preferable to the seated position. Lie on your back making your body straight. Bend one leg at the hip and knee. Cross the bent leg over the straight leg and rotate your hips keeping your shoulders flat on the ground.

