

Cobbler Stretch



- Sit on the floor with your back supported by the wall or a couch with the soles of your feet touching each other (sit on a folded towel if that's more comfortable for you)
- Gently press your knees down and away from each other, but don't force them.
- Keep your posture straight. If more intensity is desired, you can bend forward at your hips
- You should feel the stretch in your inner thigh and in your hips, but don't stretch so far you feel pain. The stretch should be uncomfortable, but not painful
- Hold each stretch for about 30 seconds. If you want more of a stretch, rest for 30 seconds before you stretch again
- This position can help open your pelvis and loosen your hip joints in preparation for birth. It can also improve your posture and ease tension in your lower back

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
