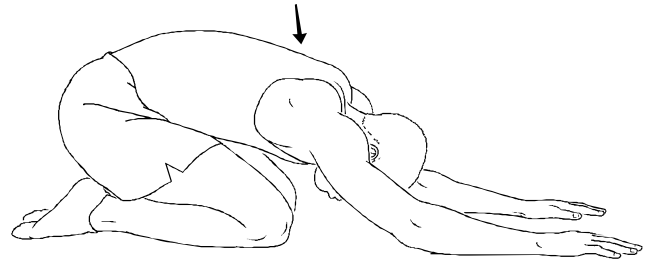


GENERAL GUIDELINES

- When performing a stretch, move the designated body part to a position of mild stretch.
- If possible, increase your stretch to a position of mild discomfort but NOT pain.
- Maintain a normal, relaxed breathing pattern throughout the stretch. Do not hold your breath.
- If you feel unbalanced while doing a standing stretch, brace yourself with one hand, using a firm support such as a counter top, wall, or heavy piece of furniture.

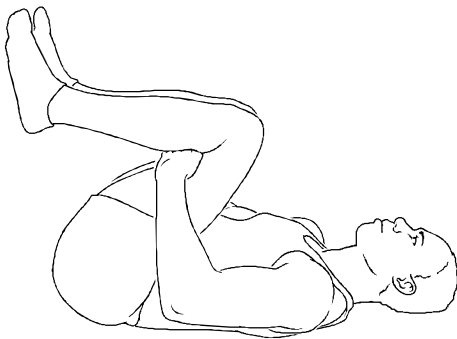
LOW BACK - 5 Kneeling



Kneel, sitting on heels, arms forward on floor. Push chest toward floor, reaching forward as far as possible. Hold 30 seconds.

Repeat 2-3 times per session. Do 1 sessions per day.

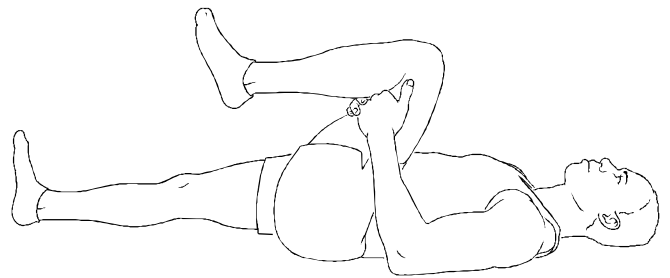
LOW BACK - 11 Supine Knee-to-Chest, Bilateral



Lie on back, hands clasped behind both knees. Pull knees in toward chest until a comfortable stretch is felt in lower back and buttocks. Hold 30 seconds.

Repeat 2-3 times per session. Do 1 sessions per day.

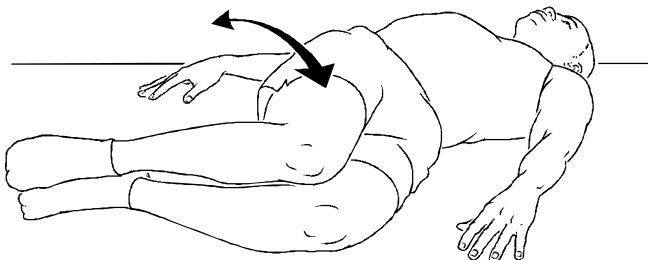
LOW BACK - 9 Supine Knee-to-Chest, Unilateral



Lie on back, hands clasped behind one knee. Pull knee in toward chest until a comfortable stretch is felt in lower back and buttocks. Hold 30 seconds.

Repeat 2-3 times per session. Do 1 sessions per day.

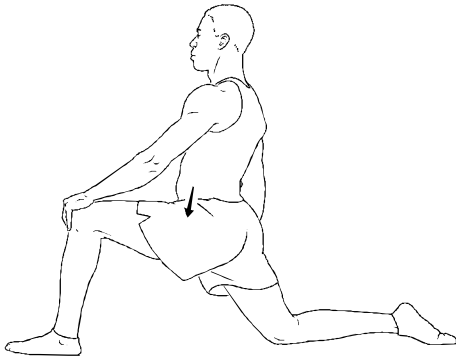
LOW BACK - 18 Supine With Rotation



Lie, back flat, legs bent, feet together. Rotate knees to one side. Hold 30 seconds. Repeat to other side.

Repeat 2-3 times per session. Do 1 sessions per day.

HIP - 3 Flexors, Kneeling

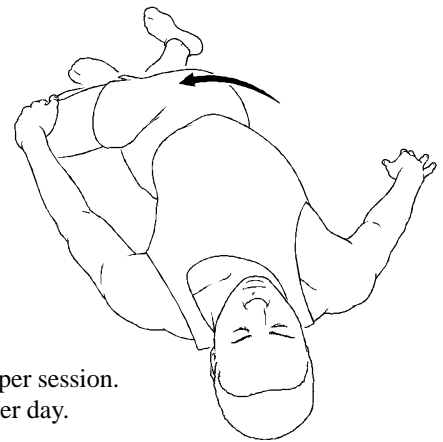


Kneel on one leg. Slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.

Repeat 2-3 times per session. Do 1 sessions per day.

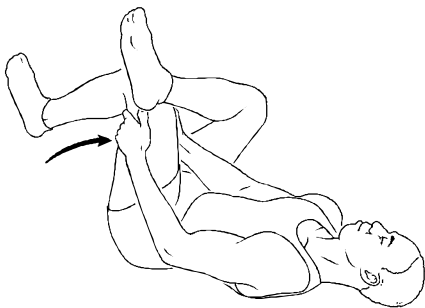
HIP - 16 Extensors / Rotators, Supine

Lie supine, one leg straight, other leg bent, knee held by opposite hand. Pull leg across body toward floor. Hold 30 seconds.



Repeat 2-3 times per session.
Do 1 sessions per day.

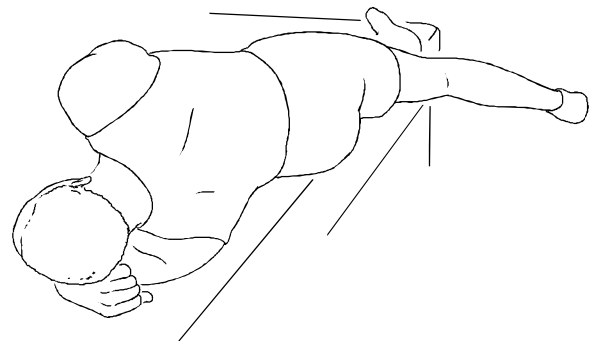
HIP - 32 Piriformis Stretch, Supine



Lie supine, one ankle crossed onto opposite knee. Holding bottom leg behind knee, gently pull legs toward chest until stretch is felt in buttock of top leg. Hold 30 seconds. For deeper stretch gently push top knee away from body.

Repeat 2-3 times per session. Do 1 sessions per day.

HIP - 50 Iliotibial Band Stretch, Side-Lying

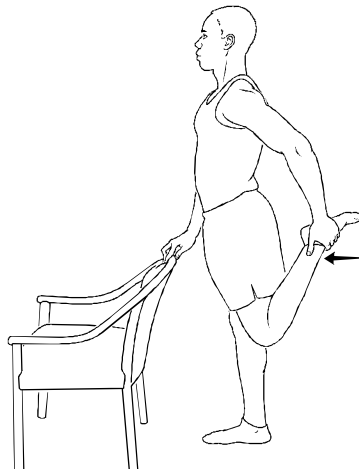


Lie on side, back to edge of bed, top arm in front. Allow top leg to drape behind over edge. Hold 30 seconds.

Repeat 2-3 times per session. Do 1 sessions per day.

HIP FLEXORS / QUADS - 19 Quads / HF, Standing

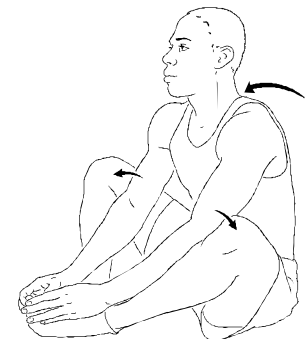
Stand, holding onto chair and grasping one foot with same-side hand. Pull heel toward buttock. Hold 30 seconds.



Repeat 2-3 times per session.
Do 1 sessions per day.

GROIN - 4 Butterfly, Sitting With Flexion

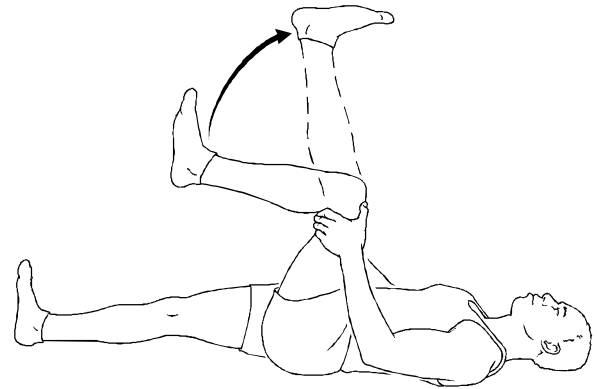
Grasp feet with hands and bend from hips. Gently pull forward, elbows pushing outward. Hold 30 seconds.



Repeat 2-3 times per session.
Do 1 sessions per day.

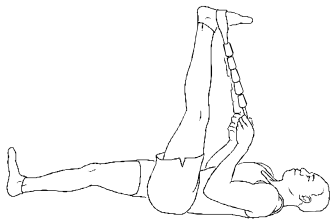
Hamstring stretches are easily performed in a number of different positions. Attached are several variations. My suggestion is that you select one or two that you feel most comfortable with and use them as in your stretching program.

HAMSTRING - 5 Supine



Lie on back with one leg out straight. Support other leg behind knee. Slowly straighten knee. Hold 10 seconds.
Repeat 5-6 times per session. Do 1-2 sessions per day.

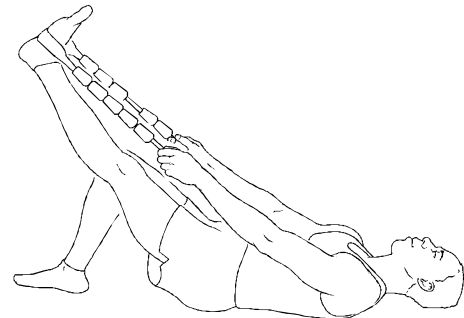
HAMSTRING - 9 Supine: Leg Stretch with Strap (Super Advanced)



Lie on back with one leg straight. Hook strap around other foot. Straighten knee. Raise leg to maximal stretch and straighten knee further by tightening quadriceps. Slowly press other leg down as close to floor as possible. Keep lower abdominals tight. Hold 30 seconds. **Warning: Intense stretch. Stay within tolerance.**

Repeat 2-3 times per session. Do 1 sessions per day.

HAMSTRING - 6 Supine: Leg Stretch With Strap (Basic)

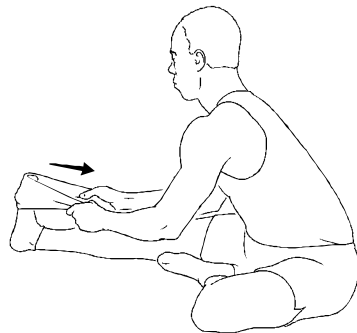


Lie on back with one knee bent, foot flat on floor. Hook strap around other foot. Straighten knee. Keep knee level with other knee. Hold 30 seconds. Relax leg completely down to floor.

Repeat 2-3 times per session. Do 1 sessions per day.

HAMSTRING - 16 Sitting: Unilateral

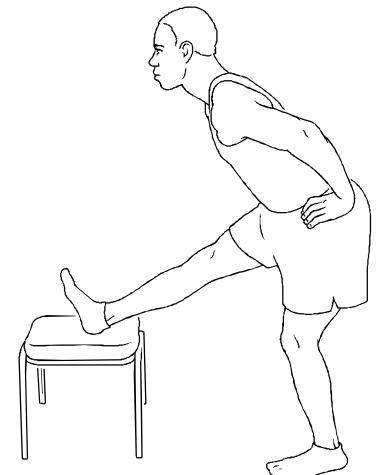
Sit, one leg straight with towel or belt around foot, other leg bent with foot tucked into inner thigh. Pull toes toward knee. Hold 30 seconds.



Repeat 2-3 times per session.
Do 1 sessions per day.

HAMSTRING - 28 Standing: Unilateral

Stand, one heel on stool, leg straight, standing leg slightly bent. Slowly lean forward, keeping back straight. Hold 30 seconds.



Repeat 2-3 times per session.
Do 1 sessions per day.