

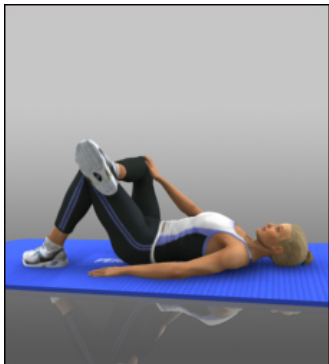
## 1.) Single Knee to Chest

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with your legs straight. Pull a single knee to your chest. Hold 30 (s) at end range; then slowly release the stretch.



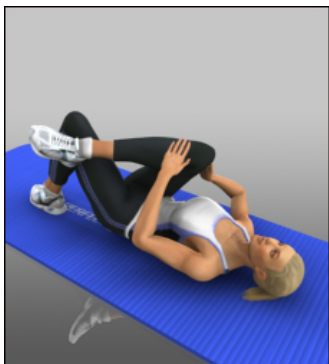
## 2.) Supine Piriformis I

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with one knee bent up and your foot on the floor. Bring your other leg up and position the outside of your ankle on your lower thigh just above your knee. Gently push the knee of the rotated leg away from you. Hold 30 (s) at end range; then slowly release stretch.



## 3.) Supine Piriformis II

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with one knee bent up with your foot on the floor. Bring your other leg up and position the outside of your ankle on your lower thigh just above your knee. Gently pull the knee of the rotated leg towards your opposing shoulder. Hold 30 (s) at end range; then slowly release stretch.



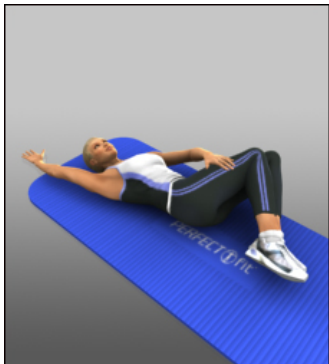
### 4.) Hamstring Stretch (Towel Assist)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a back-lying position with one leg positioned straight on the floor and the other leg at 90 degrees of hip and knee flexion. Wrap a towel around your toes, and slowly extend your lower leg towards the ceiling so it is as straight as possible and a stretch is felt in your hamstrings/back of knee. Hold 30 (s) at end range; then slowly release stretch.



### 5.) Double Leg Trunk Rotation

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with both knees bent and both feet on floor. Reach overhead with one hand and rotate both knees in the opposite direction toward the floor. Apply overpressure with your hand to push legs closer to floor. Hold 30 (s) at end range; then slowly release the stretch.



### 6.) Kneeling Plantarflexion Stretch

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a kneeling position. Point your toes and gently sit back on your heels to feel a stretch on the front of your feet, ankles and lower leg muscles. Hold 30 (s) at end range; then slowly release the stretch.



### 7.) Half Kneeling Hip Flexor

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a half kneeling position with your hands clasp behind your head. Position your leading foot far enough forward so your knee does not cross your toes as you slide forward. Maintain upright trunk and slide forward until you feel a stretch on the front of your hip and thigh of the leg behind. Hold 30 (s) at end range; then slowly release the stretch.



### 8.) TFL/ITB Stretch (Facing Wall)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a standing position facing a wall. Cross your legs with the leg to be stretched behind, and use your hands on the wall for balance. Position your back foot straight ahead and shift your hips in the direction of this weight bearing leg. Side-bend your trunk in the opposite direction. You should feel this on the outside of your hip and thigh. Hold 30 (s) at end range; then slowly release the stretch.



### 9.) Gastroc Stretch (Single Leg)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a standing position facing a wall with both hands positioned on the wall. Take a large step backwards with one foot, keep your knee straight and position your heel on the floor. Make sure your toes of this leg are positioned straight towards the wall. Slowly move your chest forward and widen the distance between your front and back leg if need be to feel a stretch on the back of your ankle and lower leg. Hold 30 (s) at end range; then slowly release the stretch.