

- Hold positions for 30 seconds to the point of feeling a stretch but not pain

□ QUADRICEPS



Using same hand, grasp foot and pull towards your bum to feel a stretch in the quads.

□ ADDUCTOR



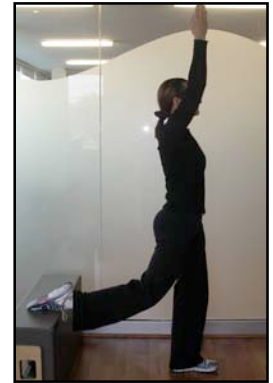
Lunge to the side with your feet facing forward to feel a stretch on the inside of the straight leg.

□ HIP FLEXORS (kneeling)



On one knee pull up tall and lunge forward slightly to feel a stretch in your hip/groin. Reach your opposite arm up to feel an additional stretch

(standing)



Place back foot on a chair. Tuck pelvis under to feel a stretch in front of the hip/thigh.

□ HAMSTRINGS (standing)



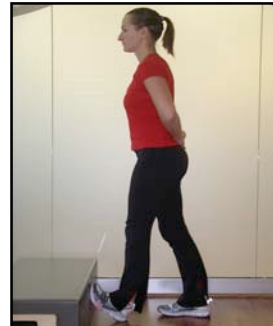
Place one leg on an elevated surface. Lean forward with a straight back to feel a stretch in the back of the thigh.

(lying down)

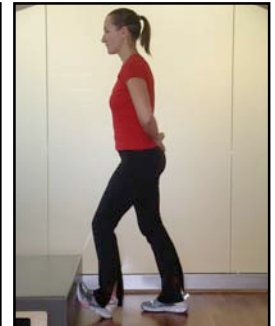


Pull leg in towards you using your hands or an exercise band. Keep head and shoulders on the mat.

□ CALVES



Place the toes against a wall with your heels on the ground. Lean your body forwards to feel a stretch in the calf. Do this first with the front leg straight and then bent.



□ GLUTES - (on back piriformis)



Cross one leg over the other. Pull your back leg in towards your chest while keeping your head on the mat.

(on back)



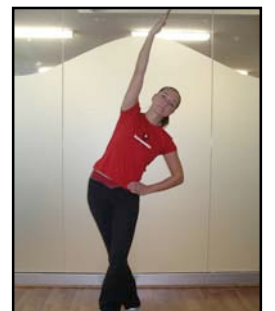
Bend your knee and pull it across your body to feel a stretch in the glutes and outer hip.

(seated)



Sit on a chair and cross one leg over the other. Lean forward with a straight back.

□ IT BAND



Place the injured leg behind the other leg. Stick your hip out to feel a stretch in the hip or IT band.