



**Hamstrings - Chair**

Stand facing square to a chair, feet shoulder width apart. Place heel of one foot up on chair, keeping knee straight and toes pulled back. Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Quads Standing**

Standing tall, raise one heel toward buttocks (grasp above ankle joint). Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh. Can support body with hands on a chair, to avoid bending forward.

Sets:	3
Reps:	1x
Weight:	
Hold:	15 sec
Rest:	
1x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Flexors - Chair**

Lunge forward placing lead foot up on edge of a chair or stairs ( keep feet shoulder width apart). Keep upper body upright and pelvic tilt to feel a stretch in the front of the hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Fig.4 Knee to Chest - Supine**

Lying on back, knees bent with feet flat on the floor. Cross one ankle onto opposite knee. Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Single Knee to Chest**

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well). Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lumbar Rotation - Supine**

Lying on floor with arms out at shoulder level. Bend one knee and cross that leg over opposite leg. Let knee drop across and over toward floor while turning the head to the opposite side. Feel a stretch in the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31