



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



TFL / QL Trunk Rotation - Supine

Lying on back with knees bent, feet flat on floor, arms out to sides. Roll knees and lower body from side to side, holding at each side, to feel a stretch in the low back and hip.

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



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



Active Fig.4 Knee to Chest

Lying on back, knees bent with feet flat on the floor. Cross one ankle onto opposite knee. Hug around both legs and bring up toward chest (to comfort). Gently push outer knee into elbow and hold. Relax and hug both legs closer to chest. Hold, relax, and repeat.

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