



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



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



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



Fig. 4 Knee to Chest - Seated

Sitting on floor with legs straight out in front. Bend one knee to 90°. Grasp ankle with opposite hand and guide knee and ankle to chest to feel a stretch in the buttocks and 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 / Gluts Supine Trunk Rot.

Lying on back, with knees bent, arms out to sides. Snugly cross one knee over the other. Use the top leg to bring bottom knee down towards the floor. Let pelvis rotate in order to feel a stretch across 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



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



Seated Rot. / Knee Across Chest

Sitting tall, feet flat on floor.
Cross one foot over the opposite leg, resting foot on edge of chair.
Hug bent knee towards chest while turning upper body.
Maintain tall posture as you turn to feel a stretch in the side of 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



Knee Across Chest - Seated

Sitting tall on floor, legs out in front.
Bend one knee and cross foot over opposite leg.
Gently bring that knee across and towards the chest to feel a stretch in the hip and 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



Knee Across Chest - Supine

Lying on back, hug one knee up and bring across body toward opposite elbow 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



Psoas / Piriformis - 'Runners Stretch'

From a 'hands and knees' position, stretch one leg straight back and sit down.
Keep chest up high and body tall to feel a stretch in the buttocks and opposite hip flexors.

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



Piriformis / Gluts - 'Runners Stretch'

From a 'hands and knees' position, stretch one leg straight back and sit down.
Lean chest down onto front knee to feel a stretch in the buttock.

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



Lunge with Overhead Reach

Standing, step one foot forward into a long lunge position keeping spine tall. Raise opposite arm overhead and bend to the side reaching arm up as you bend.

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



Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor.
Lunge position should be long enough so that the front knee should not bend past 90°.
Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and 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 - Prone

Lying on stomach, bend one knee up toward buttocks. Grasp back of shoe with hand or use a towel around the ankle to bring heel toward buttocks. Maintain an abdominal hollow and squeeze the buttocks (pelvic tilt) to feel a stretch in the front 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



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:	
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