

**HAMSTRING STRETCH WITH TOWEL**

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Video # VVQGB3WMY

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day

**PIRIFORMIS STRETCH**

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Video # VVDKWUAS7

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day

**PIRIFORMIS STRETCH MODIFIED 3**

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Video # VV837GM42

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Video # VV9R6CRWF

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, use your hands and gently draw up a knee towards your chest.

Keep your other knee straight and lying on the ground.



Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day

QUAD STRETCH - STANDING

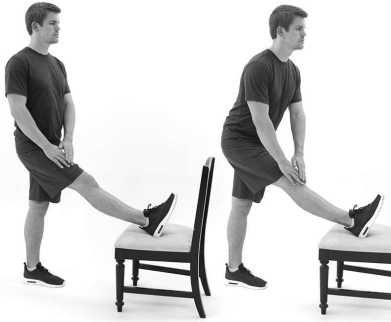
While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Video # VVP237T48



Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

This can be done with knee straightened or knee bent.

Video # VVSSRZZW3

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



ILIOTIBIAL BAND STRETCH - ITB - STANDING

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support.

Video # VV33G8KC7

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



HIP FLEXOR STRETCH 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



BUTTERFLY STRETCH - SUPINE

Lie on your back with knees bent and place the bottom of your feet together. Next, lower your knees to the side for a stretch to your inner thighs.

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



HIP ADDUCTOR STRETCH - STANDING

Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

Video # VVH3D9ELB

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



SIDE LYING - STRETCH - ILIOTIBIAL BAND - ITB

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg.

Video # VVLHU84LJ

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



IT BAND / GLUT / PIRIFORMIS STRETCH - LONG SIT

Sit with one knee straight and the other bent and placed over the opposite knee.

Then gently turn your body towards the bent knee side.

Video # VVF6DUD3H

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



STANDING PIRIFORMIS/GLUTE STRETCHING

Place your leg on top of a table top as shown. If a stretch in your buttock is not felt you can lean forward to increase the stretch.

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



KNEELING HIP ADDUCTOR STRETCH

Kneel down on your target side knee. Place the opposite leg directly out to the side. Next, lean towards the side as you bend the "up" knee for a stretch to the inner thigh of the target leg.

Video # VVZPSYUUQ

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



Hip Internal Rotation Stretch

Lay on your back with feet spread wide. Lower one knee down, keeping it straight in line with your hip bone. You are looking for a stretch in your hip. Be sure to not let your pelvis come up as your leg goes down.

Hold

30 Seconds

Complete

3 Sets
