

Supine Single Knee to Chest Stretch

SETS: 1

**DURATION
(SECONDS): 60**

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with your legs straight.

Movement

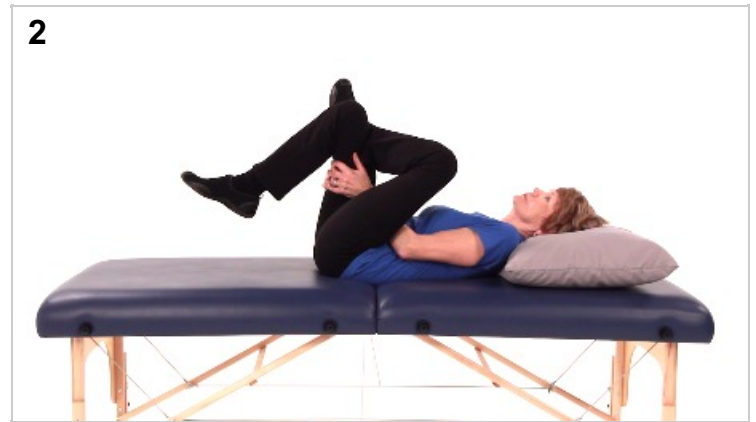
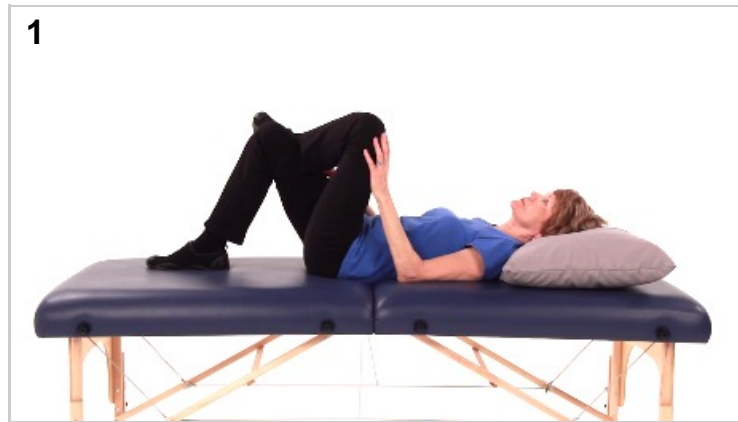
Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

Make sure to keep your back relaxed and flat on the ground during the stretch.

Supine Figure 4 Piriformis Stretch

SETS: 1	DURATION (SECONDS): 60	DAILY: 1	WEEKLY: 7
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Setup

Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee.

Movement

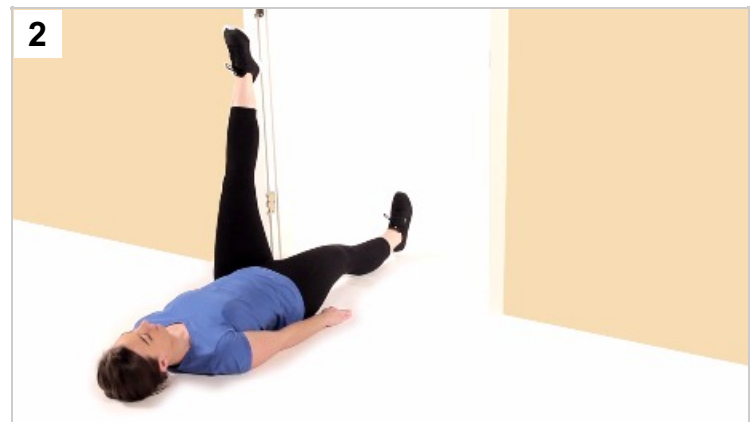
Pull your leg towards your chest until you feel a stretch and hold.

Tip

Make sure to keep your back flat against the bed during the stretch.

Supine Hamstring Stretch with Doorway

SETS: 1	DURATION (SECONDS): 60	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back in a doorway with your hips next to the doorframe.

Movement

Keeping your leg straight, raise your heel up onto the doorframe until you feel a gentle stretch in the back of your leg. Hold this position.

Tip

Make sure to keep breathing evenly and do not lock your knee during the stretch.

Half Kneeling Hip Flexor Stretch

SETS: 1

**DURATION
(SECONDS): 60**

DAILY: 1

WEEKLY: 7



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

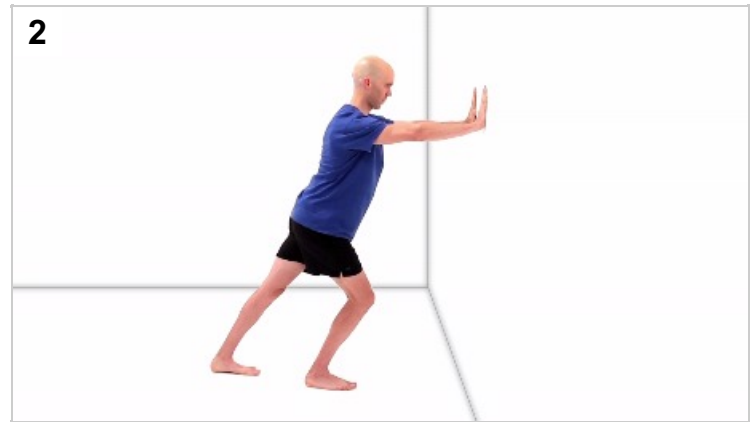
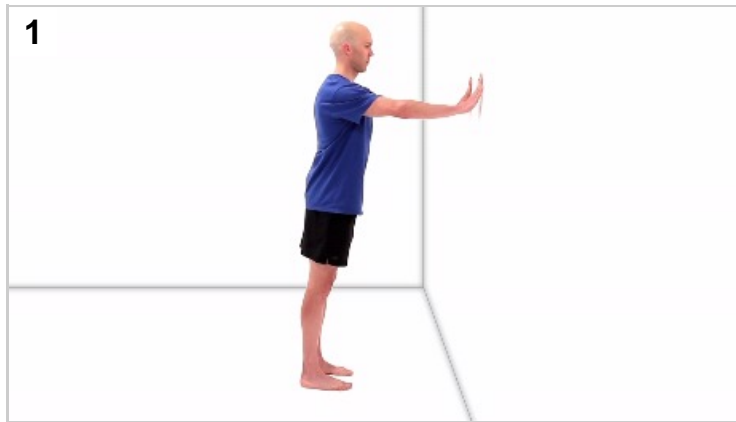
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Gastroc Stretch on Wall

SETS: 1	DURATION (SECONDS): 60	DAILY: 1	WEEKLY: 7
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Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.