

## Supine Single Knee to Chest Stretch

<b>SETS: 1</b>	<b>DURATION (SECONDS): 60</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### 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

<b>SETS: 1</b>	<b>DURATION (SECONDS): 60</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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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

**SETS: 1**

**DURATION  
(SECONDS): 60**

**DAILY: 1**

**WEEKLY: 7**



## Setup

Begin lying on your back with one leg straight and the other leg bent.

## Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

## Tip

Make sure to keep your back flat on the floor 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

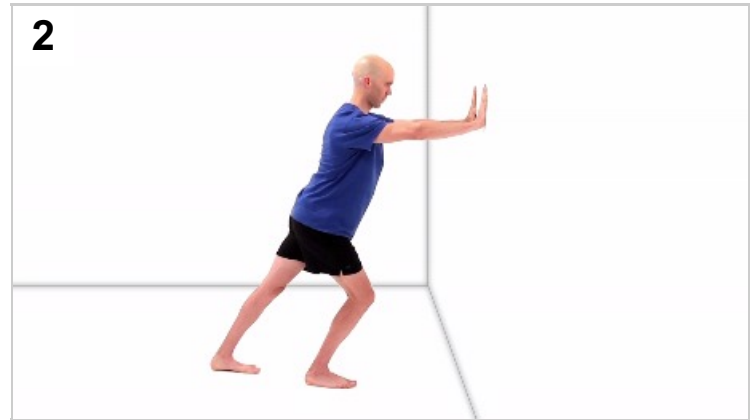
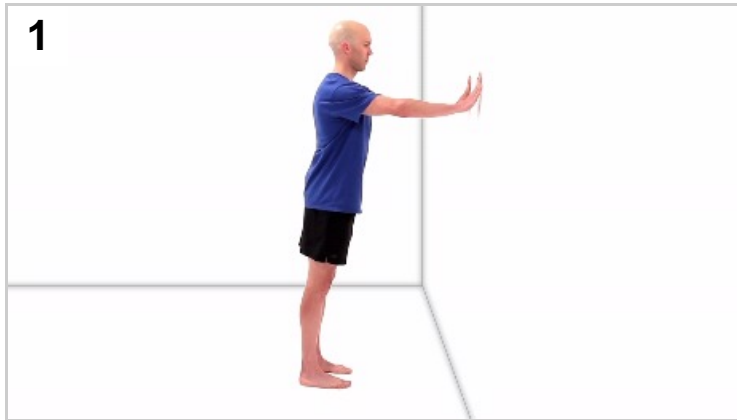
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

## Tip

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

# Gastroc Stretch on Wall

<b>SETS: 1</b>	<b>DURATION (SECONDS): 60</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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## Setup

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

## Movement

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.

## Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.