

Supine Single Knee to Chest Stretch

**DURATION
(SECONDS): 60**



Setup

Begin lying on your back with your legs straight.

Movement

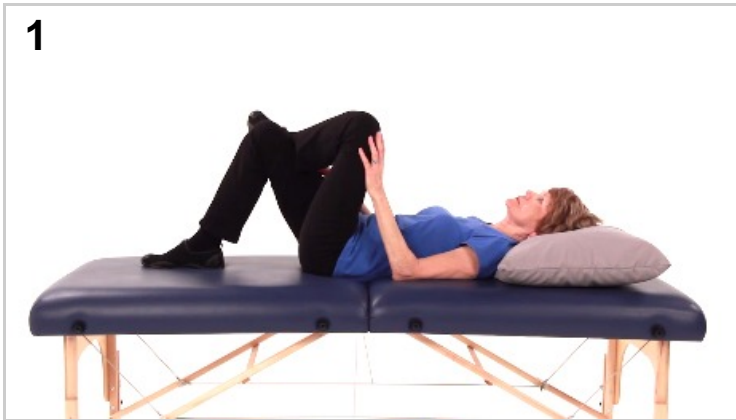
Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

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

Supine Figure 4 Piriformis Stretch

**DURATION
(SECONDS): 60**



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

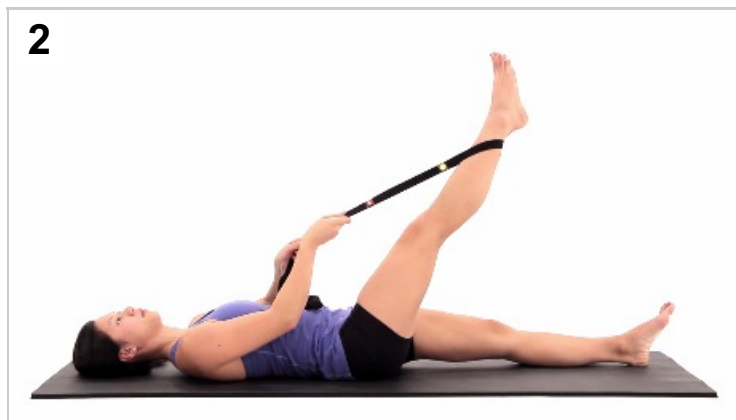
Pull your leg towards your chest until you feel a stretch and hold.

Tip

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

Supine Hamstring Stretch with Strap

**DURATION
(SECONDS): 60**



Setup

Begin lying on your back holding the end of a belt or strap that is wrapped around your ankle.

Movement

Keeping your leg straight, slowly pull on the strap to raise your leg up until you feel a stretch in the back of your leg. Hold, then lower back down to the starting position and repeat.

Tip

Make sure to keep your leg relaxed and do not arch your back during the exercise.

Half Kneeling Hip Flexor Stretch

**DURATION
(SECONDS): 60**



Setup

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

Movement

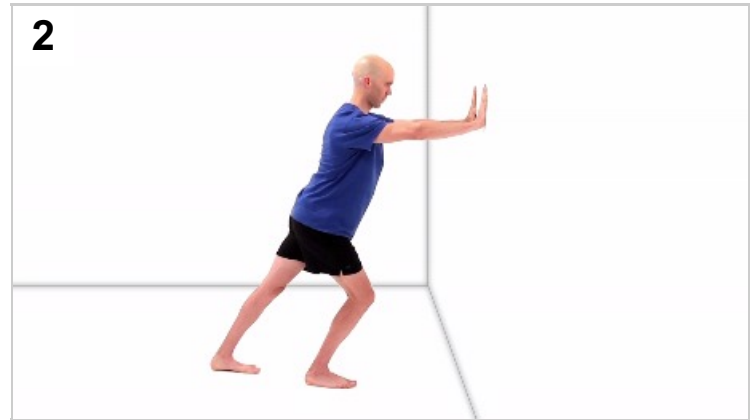
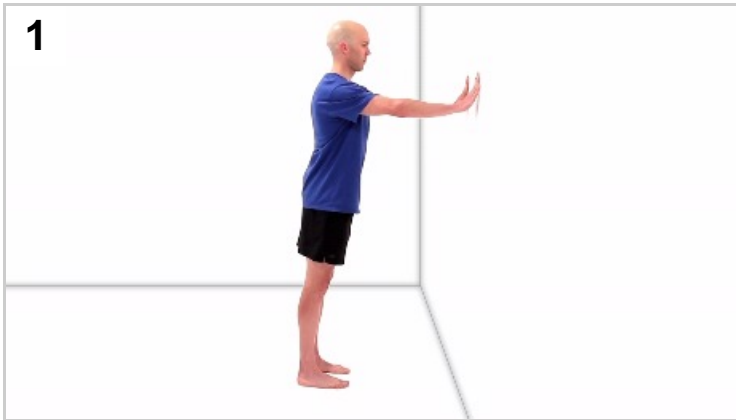
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

Gastroc Stretch on Wall

**DURATION
(SECONDS): 60**



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.