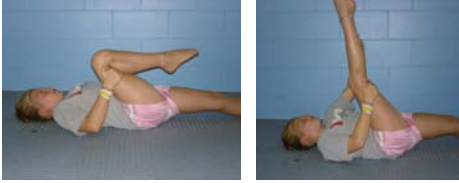


### 1). Active Hamstring

Lying on back, hug one knee up to chest. Keeping knee to chest, straighten the knee as far as possible to feel a stretch in the back of the upper leg. Hold for 2 seconds, bend knee back down, and repeat. Perform 1- 2 sets of 10 on each side.



### 2). 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. Hold for 2 seconds, release tension and repeat. Perform 1-2 sets of 10 on each side.



### 3). 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. Hold 30-60 seconds. Perform on other side.



### 4). Side Lying Hip Flexors

Lying on side, grasp ankle of top leg. Keep knee, hip and shoulder in line. Maintain a pelvic tilt and **squeeze the buttock muscles to extend hip further (do not pull with hand)** to feel a stretch in the front of the hip. Hold for 2 seconds, bring top leg forward slightly and repeat. Perform 1-2 sets of 10 on each side.



### 5). Adductors - Seated Splits

In a seated splits position, use hands to rock pelvis forward to be sitting on your 'sits bones'.

Keep toes pointed up or slightly rolled inward and upper body tall to stretch the inner thigh muscles. Hold 30 – 60 seconds.



### 6). Active Lats / Rot. Cuff

Standing or sitting, reach one arm up overhead and grasp with opposite hand. Actively reach hand toward the ceiling while bending slightly forward and to the side, assisting with the opposite hand. Breath in while reaching, breath out while releasing. Hold stretch for 2 seconds, straighten torso and repeat. Perform 2 sets of 10 on each side.



### 7). Pectorals - Wall

Stand level with a doorway or wall and raise one arm as if to wave. Place forearm along door jam placing elbow approximately at shoulder height. Step one foot forward (keeping feet shoulder width apart), bend front knee. Gently lean chest straight forward to feel a stretch in the front of the chest. Hold stretch 2 seconds, release tension, and repeat. Perform 1- 2 sets of 10 on each side.



### 8). Levator - Standing Self Traction

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck. Hold stretch for 2 seconds, return neck to neutral, and repeat. Perform 1-2 sets of 10 on each side.



### 9). Traps - Standing

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck. Hold stretch for 2 seconds, return neck to neutral, and repeat. Perform 1-2 sets of 10 on each side.



### 10). Scalenes Depressing Clavicle

Standing tall, place one hand on the opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch. Hold stretch for 2 seconds, return neck to neutral, repeat. Perform 1-2 sets of 10 on each side.



### 11). Rotator Cuff Self Traction

Keeping shoulders square, reach one arm in front and across body and grasp wrist with opposite hand. Gently pull forward on wrist and take a deep breath in to feel a stretch in the back of the shoulder joint. Keep your shoulder blade low. Hold stretch for 2 seconds, release tension and repeat. Perform 1-2 sets of 10 on each side.



### 12). Mid Back - Reach

Sitting or standing, place 'hand over hand' and reach both arms straight forward, rounding the mid back. Hold stretch for 2 seconds. Repeat. Taking a deep breath in will increase the stretch. Perform 1-2 sets of 10.



### 13). Gastrocs/Soleus - Wall

Standing in a lunge position, supporting upper body against a wall or post. Keeping back foot heel on floor and knee straight, bend front knee. Shift body weight forward through pelvis to feel a stretch in the upper calf area. Hold 30 sec, bend knee and hold 30 sec.



### 14). TFL - Standing

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support). Cross foot furthest from wall over in front of opposite foot. Bend the knee of the leg that is in front, and keep the back leg straight. Lean your inside hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall. Hold 30 – 60 seconds, repeat on other side.

