

1



Calf stretch

Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

5



Hip Flexor Stretch

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

2

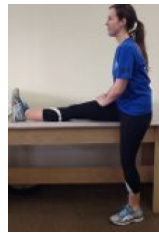


IT band stretch

Cross the uninvolved leg over the involved leg. Then lean to the involved side until a stretch is felt over the outside of the involved hip.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

6



Hamstring Stretch

Standing with leg on table or chair. Keeping back straight, slightly lean trunk forward until stretch is felt behind leg that is on table/chair.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

3



Chest Stretch

Stand in corner or doorway with arms up and out and back straight to stretch chest area

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

4



Table Hip Flexor Stretch

Lying near side of table, let involved leg hang off table to stretch the front of hip and thigh area.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day