

Total 7



### Calf stretch

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

Repeat 5 Times  
Hold 30 Seconds



### IT band stretch

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

Repeat 3 Times  
Hold 30 Seconds



### Hip Flexor Stretch

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

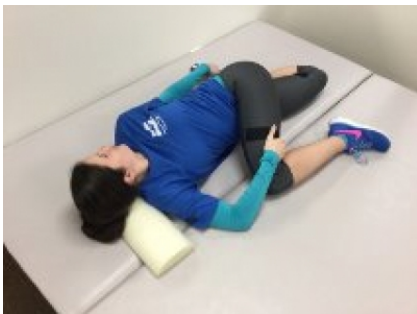
Repeat 3 Times  
Hold 30 Seconds



### 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



### Brettzel stretch

Lying on Side Bottom leg is pulled back while reaching with top hand to flex knee. Top leg is pulled up and across body with knee bent by bottom hand. Rotate trunk back while turning head back.

Repeat 5 Times  
Hold 30 Seconds



### Pigeon stretch

Start on hands and knees  
Place on leg in front/under body with knee bent and outside of knee on floor.  
Opposite leg extends back so knee is straight with thigh on floor

Repeat 5 Times  
Hold 30 Seconds



### World's Greatest Stretch

Start by standing tall  
Step forward into lunge position with right leg.  
Place left hand on ground.  
Reach right arm in front and under body.  
Then rotate right arm and trunk up while turning head to right.  
Finish by placing both hands on ground in front of body and slowly straightening legs until a stretch is felt.

Repeat 5 Times  
Hold 10 Seconds