HAMSTRING

Lying on back.
Keeping leg straight with knee unlocked, gently pull leg back until a light stretch is felt.
Keep relaxed leg straight during the stretch.
Hold 20-30 seconds. Repeat 2 times on each leg.
FIGURE 4 (hip)

Lying on back, knees bent. Cross 1 leg over the other to form a number “4”. Using arms lift bottom leg off table until gentle stretch is felt in hip of crossing leg. Hold 20-30 seconds. Repeat 2 times on each side. If stretch is not felt, try gently pushing on knee of crossing leg.
PIRIFORMIS

Lie on back. Pull knee across toward opposite shoulder until a gentle stretch is felt in the outer hip. Hold 20-30 seconds. Repeat 2 times on each leg.
TRUNK TWIST

Lying on back with knees bent, feet on the table. With arms stretched out to sides, drop both knees to the side until stretch is felt along low back. Make sure to keep both shoulders on the table. Hold 20-30 seconds. Repeat 2 times on each side.
QUADRICEP

• Standing straight, holding wall or chair for support if needed
• Reach back and grab foot
• Pull up and slightly back until gentle stretch is felt in front of leg
• Take care not to arch the back
• Hold 20-30 seconds. Repeat 2 times on each side
KNEELING HIP FLEXOR

Kneel on one knee, use pad or pillow for cushion
Extend opposite leg into lunge position
Lean forward at the hips, keeping back straight until stretch is felt in hip of kneeling leg.
Hold 20-30 seconds.
Repeat 2 times on each side
*note: you may also feel a stretch in groin area of forward leg
Calf stretch

Stand straight at arms length from wall
Extend one leg back
Press through the heel of extended leg until gentle stretch is felt in calf. For deeper stretch, bent back knee slightly.
Hold 20-30 seconds. Repeat 2 times on each side
Corner stretch

Stand facing a corner, hands on wall and slightly below shoulder height

Keeping back straight, head in neutral position step forward into corner until stretch is felt in chest/front of shoulders.

Hold for 10 seconds. Repeat 5 times