

Notes:

1. Stretching Piriformis



- Using both hands, grab the back of the knee
- Pull the knee towards the chest and opposite shoulder gently until you feel a gentle stretch at the buttock
- Hold for 30 seconds
- Slowly return to the initial position

Frequency: 2 Hold: 20 seconds

2. Stretching Iliopsoas



- Sit on the edge of a chair with one leg over the edge creating a 90 degree angle with the opposite hip
- Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch on the front of your hip
- Maintain trunk position upright

Frequency: 2 Hold: 20 seconds

3. Stretching Quadriceps



- Stand in front of a chair and hold on to it with one hand
- Grab the top of one ankle with the hand opposite from the leg and pull your foot towards your buttock until you feel a gentle stretch in the front of the thigh
- Knees must touch together and pelvic tilt or tuck your tail under to increase the stretch
- Hold the stretch, keeping your lower back neutral

Frequency: 2 Hold: 20 seconds

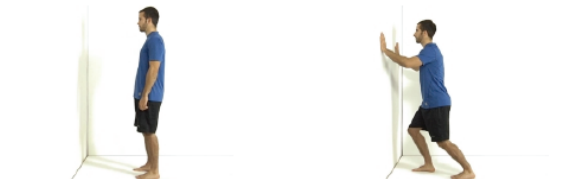
4. Stretching Hamstring



- Lie on the floor in a doorway or close to a corner of a wall
- Place one leg up against the wall, the other is straight on the floor and your buttock is about 30 cm from the wall
- Extend the elevated leg and pull down as much as possible until you feel a stretch behind your thigh

Frequency: 2 Hold: 20 seconds

4. Stretching A) Soleus B) Gastrocnemius



- A)
- To stretch the Achilles
 - Stand and place both hands on a wall, with your feet pointing towards the wall
 - Place one leg behind the other and slowly bend knees while keeping heels on the floor
 - Gently lean towards the wall until you feel a stretch just above the heel
- B)
- Straighten your back knee, and slide your foot back away from the wall to increase stretch higher up in calf area

Frequency: 2 Hold: 20 seconds