



1: Hip Flexor Stretch

- Assume kneeling position on one knee and lunge position on the opposite side
- Slowly shift weight toward front leg until comfortable stretch is felt
- Keep hips level at all times

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



2: Hamstring Stretch Seated (Unilateral)

- Sit with one leg bent up and out to the side and the other leg straight
- Slowly lean trunk forward and reach toward your toes until stretch is felt

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



3: Adductor / Groin Stretch

- Sit with good posture, heels together in front of body
- Let knees fall out and down toward floor
- Pull heels toward buttock until you feel a stretch
- Hold and repeat as instructed

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



4: Piriformis Stretch in Supine

- Lie on back
- Cross ankle over top of opposite knee
- Reach with arms and pull bottom leg towards chest until you feel a stretch
- Repeat as instructed

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



5: Piriformis Stretch -- Sitting

- In the seated position
- Cross leg over opposite knee
- Slowly bend body forward until a comfortable stretch is felt

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**