

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 35 Stretching: Piriformis



Cross right leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band

Cross right leg behind other leg. Bend at waist, reaching toward floor. Hold \_\_\_\_\_ seconds. Relax.



Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

BACK - 54 Lumbar Rotation Stretch



Lie on back with right knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 32 Stretching: Inner Thigh / Groin

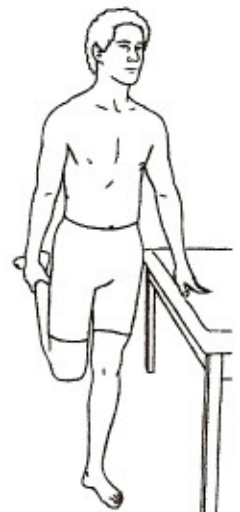
Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.