

HIP / KNEE - 34 Stretching: Hip Flexor

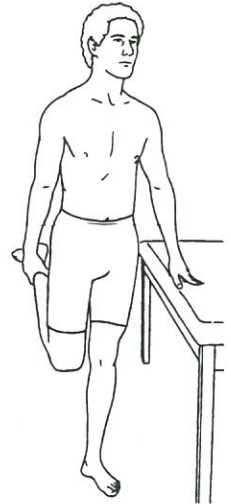


Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 60 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 30-60 seconds.

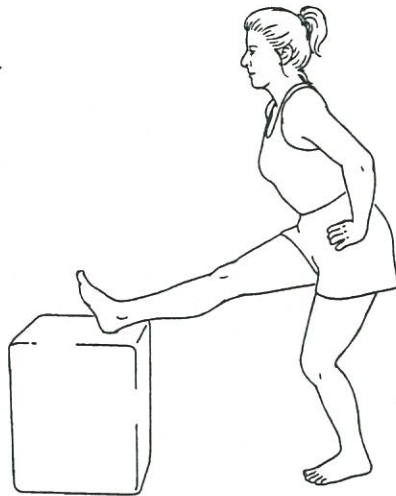


Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool.
Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30-60 seconds.

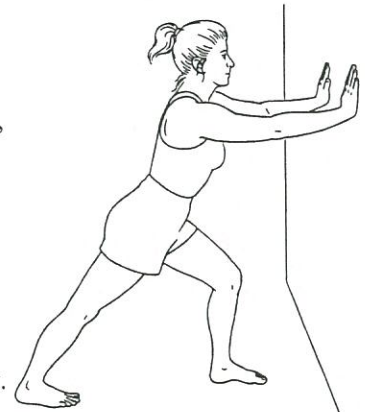
Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.



HIP / KNEE - 41 Stretching: Gastroc

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30-60 seconds.

Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.



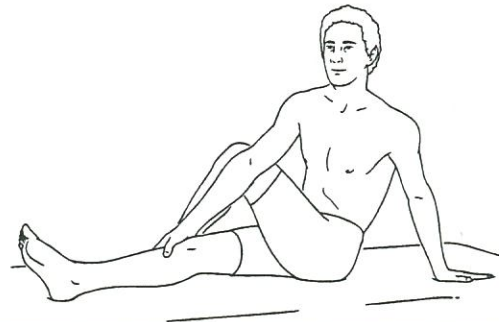
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30-60 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 35 Stretching: Piriformis



Cross left leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 30-60 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 1 sessions per day.