

1



Repeat 2 Times  
Hold 30 Seconds

## Supine Hamstring Stretch (with straight legs)

Lie on your back and hook a strap around your foot. Keeping the opposite leg straight and flat on table, lift the affected leg towards the ceiling while maintaining a straight knee.

You should feel a stretch along the back of the thigh and knee.

4



Repeat 2 Times  
Hold 30 Seconds

Video # VVQEULDZY

## SUPINE GLUTE STRETCH WITH BELT

Lie on your back and use a strap or two belts linked together. Hold the ends of the strap/belt and have it looped around your foot. Use the strap/belt to assist raising your leg as you allow your knee to bend. Pull your knee up towards your chest and hold for a stretch to your buttock. Hold this position and then return to starting position. Repeat.

2



Repeat 2 Times  
Hold 30 Seconds

## Supine lateral HS stretch

Using stretch strap, rope, towel, or sheet to help with stretch. Pull leg up straight until stretch is felt in hamstring area (back of thigh), then move leg in across mid line if possible until you feel a stretch on the outside of the thigh or butt area. Keep pelvis flat on floor. If your back hurts with opposite leg straight you can bend it.

5



Repeat 2 Times  
Hold 30 Seconds

## Double Knee to Chest with Strap

Lying on your back with strap behind thighs, bring both knees slowly to your chest and hold. Keep head and upper body relaxed as you perform exercise.

3



Repeat 2 Times  
Hold 30 Seconds

## Supine HS stretch medial

Using stretch strap, rope, towel, or sheet to help with stretch. Pull leg up straight until stretch is felt in hamstring area (back of thigh), then move leg out to the side until you feel a stretch in the inside part of your thigh (groin). Keep pelvis flat on floor. If your back hurts with opposite leg straight you can bend it.

6



Repeat 2 Times  
Hold 30 Seconds

Video # VVXNPNMVE

## HIP INTERNAL ROTATION STRETCH

Lie on your back and place a stretching strap on your foot. Raise your leg to a 90 degrees knee and hip bend.

Pull on the strap with one hand to assist in rotating your leg outward as shown. Place your other hand on your knee to help stabilize it in place.

7



Repeat 2 Times  
Hold 30 Seconds

Video # VVBV4GDUG

### PIRIFORMIS STRETCH

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up for a stretch to the deep buttocks. Your knee and hip should be bent with external rotation of your hip as shown.

Keep your target leg straight to slightly bent the entire time.

8



Repeat 2 Times  
Hold 30 Seconds

### Prone quadriceps stretch

- 1) Begin on your stomach with a strap (can use dog leash or towel) around your ankle
- 2) While maintaining your pelvis flat on the ground, begin to pull the strap to bring your heel closer to your buttocks
- 3) Continue to pull until a mild-moderate stretch is felt in the front part of your thigh (quadriceps)
- 4) Repeat for allotted number of repetitions and perform on the other leg

9



Repeat 2 Times  
Hold 30 Seconds

Video # VVM7G8JJZ

### HIP FLEXOR / QUAD STRETCH

Place a strap or belt around your foot as shown. Bring the other end of the belt around your shoulder. If using a belt, you may need to link 2 belts together for extra length.

While lying on a table or high bed, let the affected leg lower towards the floor. Next, gently pull on the strap to get your knee to bend until you feel a stretch on top of your thigh.

10



Repeat 2 Times  
Hold 30 Seconds

Video # VVA2HPWKL

### LATERAL TRUNK STRETCH

Stand while holding a stretching strap above your head with elbows straight as shown.

Next, bend to the side while holding the strap for a stretch to the side of your body.

11



Repeat 2 Times  
Hold 30 Seconds

Video # VV6N4URQ5

### TRICEP STRETCH

Place the loop of strap on the hand of the target arm with your arm above your head as shown. Use the other hand to pull downward on the strap, allowing the elbow to bend until a stretch is felt on the back of the top arm.

12



Repeat 2 Times  
Hold 30 Seconds

Video # VV7FRZBTR

### INTERNAL ROTATION STRETCH

Put your arm behind your back and use a strap to pull the arm upward towards along your spine to provide an internal rotation stretch of the shoulder.

13



### BICEPS & SHOULDER STRETCH

Hold a stretching strap behind your back and then raise it up and hold as shown for a stretch to the front of your shoulder. Avoid leaning your upper body forwards.

Repeat 2 Times  
Hold 30 Seconds

14



### CHEST STRETCH

Hold a stretching strap above your head and then lower your arm behind your head for a stretch to the front of your chest. Avoid arching your low back.

Repeat 2 Times  
Hold 30 Seconds

Video # VVZXEBFCV