

HAMSTRING STRETCH - SUPINE

While lying on the ground, hold the back of your right knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.



Keep a 90 degree angle between your trunk and thigh for the best stretch. □ Hold for 30 seconds.

Repeat on the left leg.

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day

PIRIFORMIS STRETCH

While lying on your back with both knees bent, cross your right leg on the left knee.



Next, hold your left thigh and pull it up towards your chest until a stretch is felt in the buttock. Keep your core tight. Hold for 30 seconds.

Repeat on the left leg. Video # VVDKWUAS7

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day

QUAD STRETCH - STANDING

While in a standing position, bend your left knee back behind and hold your ankle/foot.



Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. Keep your core tight and your trunk erect (do not lean forward or arch back). Hold for 30 seconds.

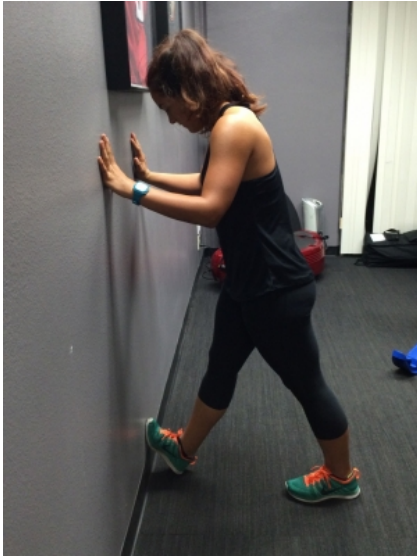
Repeat on the right leg. Video # VVP237T48

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



Calf Stretch

In a staggered position place the right toes against the wall and the right heel on the floor. Straighten the right leg and lean your weight towards the wall until a stretch is felt. Hold for 30 seconds.

Repeat on the left leg.

Repeat 2 Times
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Keep your core tight and your trunk erect. Your front knee should bend in line with the 2nd toe and not pass the front of the foot. Feel a stretch in the front of your right thigh. Hold for 30 seconds.

Repeat on the left leg.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Side Lunge

Side Lunge to the left, keeping right leg straight. Keep your core tight and trunk erect to protect your back. Feel a stretch in your right inner thigh. Hold 30 seconds.

Repeat on the left leg.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day