

Lisa H Unassisted Stretches

Kneeling Hip Flexor Stretch:

- Start in a split squat and lower your back knee to a mat on the ground
- Lurch front knee forward until stretch is reached in leg touching floor
- Rotate torso towards forward knee and hold stretch for ≥ 20 sec

Lying Straight Leg Hamstring Stretch

- Laying flat on back place band or stretch rope around arch of foot
- Pull leg up and down (w/no bend in knee) from floor to max extension until no more extension can be reached
- Hold for ≥ 20 sec

Lying Bent Leg Hamstring Stretch

- Laying flat on back place band or stretch rope around arch of foot
- Pull leg up and down (w/bend in knee) from floor to max extension until no more extension can be reached
- Hold for ≥ 20 sec

Periformis

- Laying flat on back place band or stretch rope around arch of foot
- Pull leg up and down (w/bend in knee) from floor to max extension until no more extension can be reached
- Rotate leg away from the body, as close to the floor as possible and hold for 10
- Rotate across body towards the floor/pulling towards the head
- Hold for ≥ 20 sec

Glute Stretches

1. Knee

- With a 90 degree bend in right leg lay the leg from the knee to the foot on and parallel to bench
- Lower hips to the floor with leg on floor until stretch is reached in glute
- Lean torso over knee to increase stretch in glute
- Hold for ≥ 20 sec

2. Shin

- With a 90 degree bend in right leg lay the leg from the knee to the foot on and parallel to bench
- Lower hips to the floor with leg on floor until stretch is reached in glute
- Lean torso over shin to increase stretch in glute
- Hold for ≥ 20 sec

3. Foot

- With a 90 degree bend in right leg lay the leg from the knee to the foot on and parallel to bench
- Lower hips to the floor with leg on floor until stretch is reached in glute
- Lean torso over foot to increase stretch in glute
- Hold for ≥ 20 sec

Repeat above for other Leg