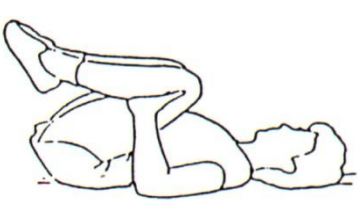


Stretching & Mobility

Prior to beginning these stretches it is advised that you take a hot bath/shower or apply a heat pack for approximately 10-15 minutes.

Knees to Chest

- Lay on your back
- Bring both knees to your chest and hold them in this position with your hands.
- Maintain this position for 30 seconds
- Repeat 3 times



Prone extension

- Lying on your stomach extend your back by perching up onto your elbows or hands as depicted below.
- Hold this position for 30 seconds. Repeat 3 times



Piriformis Stretch

- Lying on your back assume the position which is depicted in the image below.
- Use your hands to pull your knee to the opposite chest
- Perform 3 sets of 30 second holds on each leg



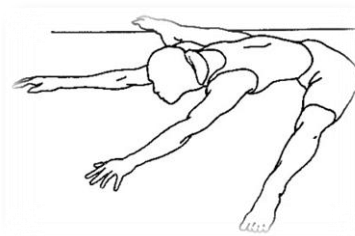
Hamstring Stretch

- Lie on your back. Keeping your knee straight or slightly bent, lift that leg off the floor as far as you comfortably can.
- Grasp the back of your raised knee or calf. Or grasp a towel draped behind your knee or calf.
- Keeping your leg fairly straight, slowly pull it toward your chest.
- Perform 3 sets of 30 second holds each side.



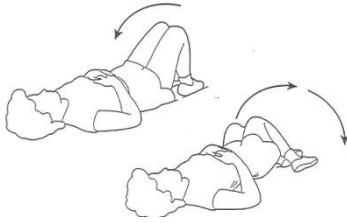
Low back stretch

- Sitting with your legs wide apart.
- Lean your body out into the space between your legs and stretch out with your arms.
- Hold for 30 seconds. Repeat 3 times.



Trunk Rotation

- Laying on your back, bend your knees.
- Rotate your knees to the right.
- Hold for 10-30 seconds
- Do the same on the left side.
- Repeat 3 times each side.



Hip Flexor Stretch

- In the kneeling position lean your pelvis forwards.
- You should feel a stretch through the front of your thigh.
- Hold for 30 seconds. Repeat 3 times each side.



Figure 4 Stretch

- Lying on your back assume the position which is depicted in the image below.
- Use your hands to pull your leg and increase the stretch.
- Perform 3 sets of 30 second holds on each leg

Figure 4 Stretch
Hold Stretch 30 seconds
2-3 times, each leg



Quadriceps Stretch

- Stand an arm's length from a wall.
- Look straight ahead.
- Place one hand against the wall.
- With your other hand, grasp the ankle of the foot on the same side. Pull gently.
- When you feel the stretch in your thigh, hold for 30 seconds.
- Keep your knees together.
- Perform 3 sets each side



QL Stretch

- In the standing position, reach one arm over your head.
- Lean to the opposite side until you feel a stretch down the side of your body.
- Hold this position for 30 seconds.
- Repeat 3 times each side.



TFL Stretch

- Standing with one leg behind the other.
- Lean your body over towards the back leg whilst reaching over your head.
- Hold this position for 3 seconds.
- Repeat 3 times each side.



Range of Motion

- In the standing position, bend forwards and try to touch your toes.
- Slowly rise back up and extend backwards as far as you can go. Return to starting position.
- Lean as far as you can to the left side whilst running your hand down your thigh. Repeat on the right side.
- Repeat this process three times



Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.