

1 Set / 1 Rep / 30 s hold

**1. Hamstring stretch, straightening leg, supine feet standing; 02**

Lie on your back and bend your affected leg in towards you. Interlace your fingers behind the thigh to firmly hold the leg as you straighten out your knee, feeling the stretch behind your thigh.



1 Set / 1 Rep / 30 s hold

**2. Couch Stretch**

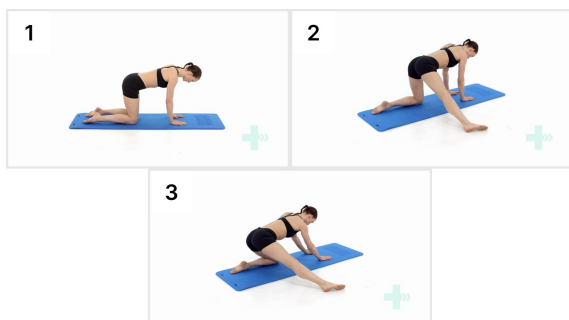
Place your knee on a pillow or pad, with your foot elevated on the back of a couch, box or the wall. As you progress this stretch work your knee closer to the box. Bring your opposite leg forward in a lunge. Squeeze your glute on the side you're trying to stretch, and feel stretch through the front of the hip and thigh



1 Set / 10 Reps / 1 s hold

**3. "Frog rock back" Hip adductors stretch, leg out to side, quadruped**

Kneel down with your hands under your shoulders and knees under your hips. Stretch your affected leg straight out to the side. Starting with your hip directly above your grounded knee, slowly move your buttocks back towards your heel. Return to the starting position and repeat. Hold any positions where you feel a particular stretch.



1 Set / 1 Rep / 60 s hold

**4. "Prayer stretch" Shoulder/trunk extensors stretch, with side bending, quadruped**

Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels. Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold. Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.



**5. "Figure 4" Piriformis/gluteals stretch, supine; 02**

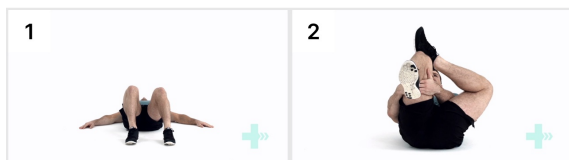
Start position is lying on the back with the legs bent and the feet on the floor.

Lift one leg and cross that ankle over the opposite knee.

Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest.

The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest.

Hold for as long as prescribed.



1 Set / 1 Rep / 30 s hold

**6. "Pigeon pose" Piriformis/guteals stretch, leaning forward; 01**

Start on your hands and knees.

Cross the symptomatic leg underneath you, then lower your hips down to the ground.

Rest your body forwards on your arms.

You should feel a stretch across the buttock.



1 Set / 10 Reps

**7. Hip 90/90 Rockers**

Start seated on your bottom with both knees bent. Place one leg directly in front of you with the outer thigh and outer part of the shin resting on the floor, and bend your knee at a 90-degree angle. Your front thigh is perpendicular to your body.

Extend your other leg out to your side with the inner thigh of your back leg resting on the floor, and also bend the knee at a 90-degree angle

Ideally, your legs are be perpendicular to each other. Rest your hands on the floor on either side of your front leg – one beside your knee and the other beside your foot.

Sit tall and try to lean forward toward the leg directly in front of you.

Rock forward and backward in this fashion

Repeat on the other side



1 Set / 1 Rep / 2 min duration

**8. Legs up the wall**

Sit sideways with your hip as close to the wall as possible

Lie back and at the same time raise your legs up the wall

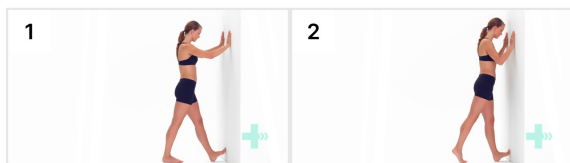
Get hips as close to the wall as possible

Relax in this position



**9. Gastrocnemius/plantar fascia stretch, toes against wall, standing; 01**

Place your toes against a wall, keeping the heel on the ground.  
 Maintaining a straight knee, move your body forwards until you feel a stretch down the back of the calf.  
 Hold this position, and repeat on the other side.



1 Set / 1 Rep / 30 sec duration

**10. Wrist Flexor Stretch in Quad**

Start on hands and knees. Turning one hand at a time so that your fingers point toward your knees with your elbows as straight as possible. Lean back slightly toward your knees feeling stretch throughout your forearm. Hold this position or rock back and forth ward your knees feeling a stretch on and off.



1 Set / 1 Rep / 30 s hold

**11. Pec Stretch on Wall**

Start standing beside a wall with your hip almost touching the wall. Reach the arm that is closest to the wall behind you and rest it against the wall with your the palm of the hand touching. Think about opening up through the shoulders. Hold this position and repeat on the other side

