

# Leg Stretches

- 1. Kneeling hip flexor stretch**  
(perform 3 sets x 30 second each)



- 2. Supine hamstring stretch**  
(perform 3 sets x 30 seconds each)



- 3. Supine periformis stretch — “figure 4”**  
(perform 3 sets x 30 seconds each)

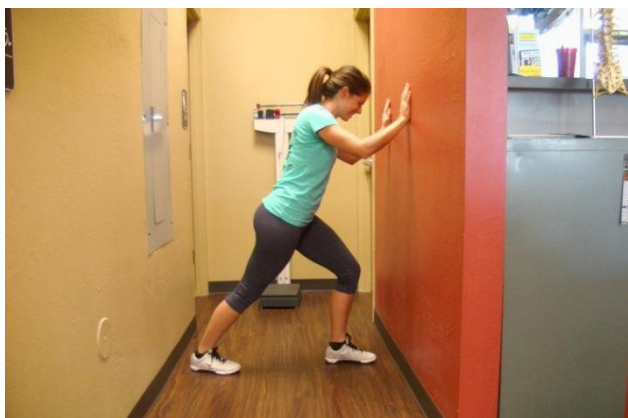


- 4. Modified periformis stretch**  
(perform 3 sets x 30 seconds each)



### 5. Gastroc stretch

(perform 3 sets x 30 seconds each)



### 6. Soleus stretch

(perform 3 sets x 30 seconds each)



### 7. Standing hip/quad stretch

(perform 3 sets x 30 seconds each)



### 8. Supine adductor stretch

(perform 3 sets x 30 seconds each)



### 9. Standing adductor stretch

(perform 3 sets x 30 seconds each)



### 10. Standing hamstring stretch

(perform 3 sets x 30 seconds each)

