

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)



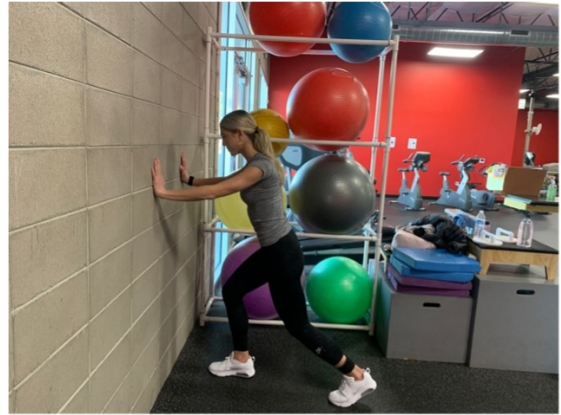
5. Gastroc stretch

(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)

