

Stretch hamstring supine wall

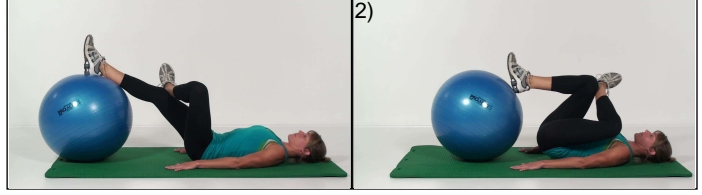


- Lie on back, leg elevated and positioned at doorway as shown.
- Buttocks should be about 5 inches from wall, low back flat on floor.
- Gently slide buttocks toward wall, keeping knee straight, until stretch is felt.
- Relax and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hip extensors supine w/ball (figure 4)



- Lie on back with calf resting on ball.
- Place ankle over knee as shown.
- Slowly bend knee toward chest.
- Return to start position and repeat with other leg.

Perform 4 sets of 15 second(s), twice a day.

Use Ball.

Hold exercise for 15 Seconds.

Stretch IT band supine hip add



- Lie on back on firm surface with knees bent to 90 degrees.
- Turn right foot inward.
- Move right leg inward.
- Place left heel on outside of right knee and apply slight over pressure to push right thigh inward.
- Hold and repeat.
- Repeat with left leg.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch IT band sidelying



- Lie on uninvolved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Keep leg straight and rotated outward.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Stretch Piriformis longsit

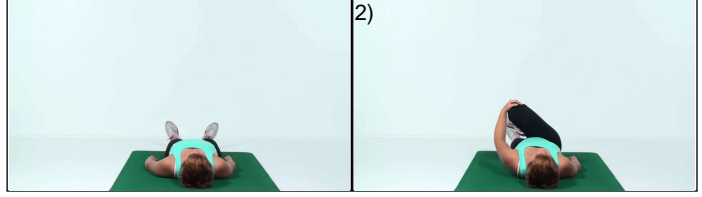


- Sit with one knee bent, ankle to inside of extended leg, as shown.
- Grasp knee and pull thigh across toward opposite shoulder.
- Relax and repeat with other leg.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Piriformis supine w/hip flx

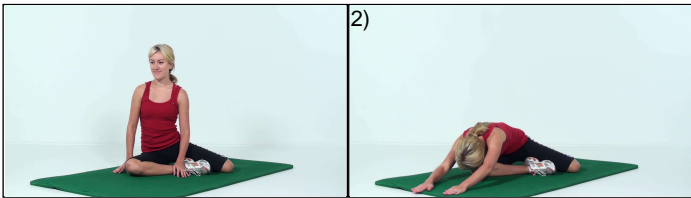


- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Piriformis sit



- Begin sitting on floor as shown, involved leg in front.
- Lean forward and toward involved side until stretch is felt in buttocks.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Piriformis supine w/hip flx



- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

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