

SEATED HAMSTRING STRETCH



While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

GO TO THE POINT OF 'PULL', NOT ;PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VVGDZ8RSZ

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 3 Times a Day



SIDE BEND, STANDING - WALL

While standing next to a wall, place your arm on a wall. Your other arm should be rested on your side as shown. Next, lean your waist and glide your pelvis towards the wall.

GO TO THE POINT OF 'PULL', NOT ;PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VVGHM5DC5

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 3 Times a Day



CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor. You can modify the stretch by placing your hands to slightly to the right or left.

GO TO THE POINT OF 'PULL', NOT ;PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VV8QWGRE2

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 3 Times a Day



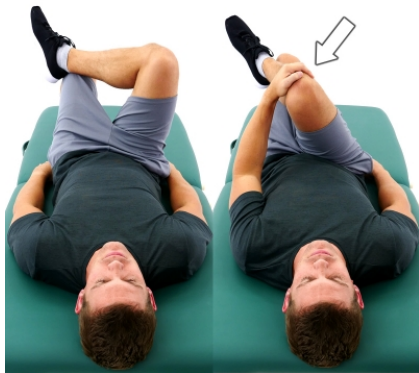
HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

GO TO THE POINT OF 'PULL', NOT 'PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VV9R6CRWF

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 3 Times a Day



PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock. Video # VV837GM42

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day