

θ Single Knee to Chest



pull one knee into your chest while you anchor the opposite leg, pushing the knee down. Feel the stretch in the buttocks

Hold ____ seconds ____ repetitions

θ Double Knee to Chest



feel the stretch in the buttocks or back

Hold ____ seconds ____ repetitions

θ Piriformis Stretch



pull the foot towards you and push the knee away. Don't twist the pelvis

Hold ____ seconds ____ repetitions

θ Knee to Opposite Shoulder



feel the stretch in the buttocks

Hold ____ seconds ____ repetitions

θ Sciatic Nerve Glide



Prop leg up on ball or chair or pull it up with a yoga belt. Raise it to a level where you feel a stretch, then lower it down just to where the stretch is not felt. Pump ankle up and down.
20 repetitions

θ Lower Trunk Rotation



keep shoulders flat on table as you twist hips back and forth as tolerated

Hold ____ seconds ____ repetitions

θ Hamstring Stretch



feel the stretch in the back of the thigh

Hold ____ seconds ____ repetitions

θ Quadriceps Stretch



feel the stretch in the front of the thigh

Hold ____ seconds ____ repetitions

θ Spinal Stretch



keep shoulders flat on table and pull one leg over the other to twist the back

Hold ____ seconds ____ repetitions

θ IT Band Stretch



stretch the top of the upper leg by pushing down with bottom leg

θ _____

θ _____

Hold _____ seconds _____ repetitions

θ Prone on Elbows



θ Prone on Hands



push up until a gentle stretch is felt in the back and hold it there; don't go too high; keep hips on the floor

Hold _____ seconds _____ repetitions

θ Prone on Ball



θ Supine on Ball



relax and stretch back over ball, rocking back and forth

Hold _____ seconds _____ repetitions

θ Lower Trunk Rotation with Ball



Hold _____ seconds _____ repetitions

θ Hip Flexor Stretch standing



extend bent knee back until a stretch is felt in the front of the hip

Hold _____ seconds _____ repetitions

θ Hip Flexor Stretch off edge of table or bed



stretch should be felt in the front of the hip of the dangling leg
back should be flat

Hold _____ seconds _____ repetitions

θ Mad Cats



go back and forth between the two positions, move within a safe range

Hold _____ seconds _____ repetitions