

Top 8 Modified Stretches

1. Hip Flexor Stretch:

- Kneel on the floor with your back to the wall.
- Place one leg so that your lower leg rests against the wall from the knee upward.
- Do a pelvic tilt.
- Make sure your hips are square.
- Push hip forward on the side that is against the wall.

YES:



NO:



2. Hamstring Stretch:

- Sit in a long sitting position.
- Sit “tall” and push your “sit bones” behind you so that you are slightly arched.
- Raise your arms to shoulder height.
- Glide arms forward stretching your hamstrings.
- Do this with toes flexed and toes pointed.
- Progress to placing a PVC under your heels and completing the same process.

YES:



NO:



3. Pidgeon Modified:

- Begin in Pidgeon Position
- Slowly rock your hips side to side until you feel the most stretch in your buttock area/outside hip area.
- If this does not produce a stretch bring bent knee forward more and/or rotate your trunk in the opposite direction.
- If this does not work than switch to this stretch (3b.)

3b. Piroformis Stretch:

- Lie on your back and cross one knee over the other knee.
- Pull both knees toward your chest.

YES:



NO:



4. Heel Cord Stretch:

- Begin in “Downward Dog” position.
- Make sure your heels are all the way on the ground. If you can’t get them on the ground bring hands closer to feet.

YES:



NO:



5. Heel Cord Stretch with your knee bent:

- Start in a half-kneeling position with the knee that is “up” in front.
- Keeping your heel down move your knee as close as you can over your foot making sure your foot is in a neutral position.
- Remember that this feels less like a “stretch.” You are increasing range in your ankle joint more than your muscle.

YES:



NO:



6. Wrist Stretch:

- Place palms on the floor with fingers pointing toward you.
- Keep elbows straight and walk knees backward until you feel a good stretch.
- Make sure your elbows are not hyperextended!!!!
- Now do the same thing with your elbows bent.

YES:



NO:



7. Cat Stretch with arms bent:

- Begin in cat stretch.
- Bent elbows and bring elbows close to your head.
- Stretch through your shoulders rather than your back.
- Use a partner to help you if needed.

YES:



NO:



8. Split Stretch With or Without Sliders:

- Square hips with front knee straight.
- Slowly slide into a split.
- Stop when your hips begin to turn.

YES:



NO:

