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:





- 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:





- 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:

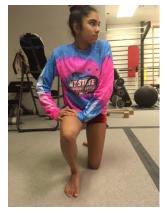
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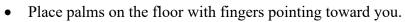
- 5. Heel Cord Stretch with your knee bent:
 - Start in a half-kneeling position with the knee that is "up" in front.
 - Keeping your heel down move your knee as close as you can over your foot making sure your foot is in a neutral position.
 - Remember that this feels less like a "stretch." You are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

YES:

NO:



6. Wrist Stretch:



• Keep elbows straight and walk knees backward until you feel a good stretch.

NO:

- Make sure your elbows are not hyperextended!!!!
- Now do the same thing with your elbows bent.

YES:





- 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:



