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Leg Stretches:

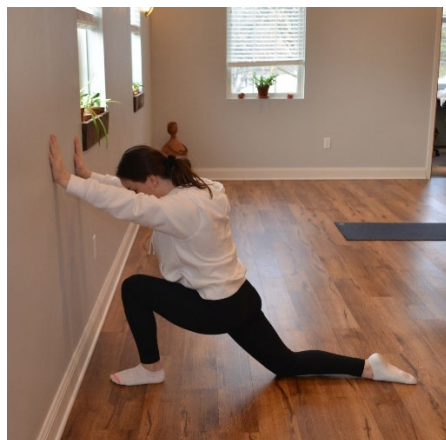
1. Heel Cord Stretch

- Face a wall and lunge forward toward the wall.
- Be sure that your back foot is perpendicular to the wall (no toe in or toe out.)
- Make sure your back knee is straight.



2. Heel Cord Stretch with your knee bent:

- Face a wall 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 toward the wall, stretching the back of your calf.



3. 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.



4. Hamstring Stretch on floor:

- Lie on the floor and do a pelvic tilt.
- Bend one knee toward your chest.
- Straighten that leg fully. You may have to allow leg to move away from your chest to do this.
- Keeping knee straight bring leg closer to chest.



5. 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.



6. Piroformis Stretch:

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



7. Piroformis Stretch Advanced:

- For a more intense stretch begin on your hands and knees.
- Cross one leg over the other leg and slide downward toward the ground.
- Rock your hips slightly side to side until you feel the greatest stretch in your hip. Hold 90-120 sec. Repeat on other side.



8. ITB Release:

- The best way to engage the ITB is to use a cylindrical roll or tennis ball and roll it up the ITB while lying on your side. Find the tight/tender spots and hold 90-120 sec.



9. Adductor Stretch:

- Begin in sitting preferably on a therapy ball.
- Shift ball to one side and place opposite leg out to the side. Lean sideways and slightly forward towards the side with the straight leg. Hold 90-120 sec.
- This can also be done in standing with legs slightly apart.
- Shift to one side and glide opposite side toward the floor stretching the groin area.

