

STEP 1



STEP 2



Supine Gluteus Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your back with one leg bent.

Movement

Gently pull your bent knee toward the floor on the other side of your body, until you feel a stretch in your buttock and hold.

Tip

Try to keep your shoulders flat against the floor and your back relaxed during the stretch.

STEP 1



STEP 2



Supine Piriformis Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your back with one leg bent and your other ankle resting on your knee.

Movement

Grab underneath one leg, pushing your elbow into the lower thigh of the opposite leg. Gently pull your leg toward your body until you feel a stretch in your buttock and hold.

Tip

Make sure to keep your low back flat against the floor during the stretch.

STEP 1



STEP 2



Supine Figure 4 Piriformis Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your back with both legs bent and your feet on the ground.

Movement

Lift one leg and place that ankle on your opposite knee, then apply a gentle pressure to your bent knee with your hand. You should feel a stretch in your buttocks.

Tip

Make sure to keep your low back flat on the floor during the stretch.

STEP 1



STEP 2



Quadruped Piriformis Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours.

Movement

Cross one knee in front of the other, then slowly lower your body down toward the ground and extend your other leg backward until you feel a stretch in the outside of your buttocks.

Tip

Relax as you move into the stretch.

STEP 1



STEP 2



STEP 3



Seated Gluteal Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with your legs straight forward.

Movement

Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

Make sure to keep your hips seated on the ground and your back straight during the stretch.

STEP 1



STEP 2



Butterfly Groin Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin by sitting upright with your knees bent and soles of your feet together.

Movement

Using your arms, gently pull your heels toward your body until you feel a stretch in your groin and hold this position.

Tip

Make sure not to let your low back slouch.

STEP 1



STEP 2



Supine Butterfly Groin Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Place the soles of your feet together and let your knees drop toward the floor until you feel a stretch in your inner thighs and hold.

Tip

Make sure to keep your low back flat on the ground during the stretch.

STEP 1



STEP 2



STEP 3



STEP 4



Bound Angle Hands Forward

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin by folding a blanket and sit on it towards the front edge of the blanket.

Movement

Bring the soles of your feet together close to your pelvis. Open your knees out to the side. Sit tall. Bend your torso forward, gently rounding your spine. You may either hold onto your ankles, reach your arms forward, to press your hands into the floor next to your buttocks.

Tip

Fold the blanket enough, or stack multiple blankets, so that when you sit tall you are on the top of your sits bones, not behind.

STEP 1



Figure 4 Sitting

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting with your back against the wall.

Movement

Tuck one foot into the side of the your opposite knee so you make the shape of the number 4 with your legs.

Tip

You can place your hands on the floor next to you for more support.

STEP 1



STEP 2



Side Lunge Adductor Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a wide stance position.

Movement

Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



Adductor Stretch on Chair

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position to the side of a chair or step, with the inside of one foot resting on the chair.

Movement

Shift your weight over to your other side, bending your leg until you feel a stretch on your straight thigh and hold.

Tip

Make sure to keep your back straight during the stretch and maintain your balance.

STEP 1



STEP 2



Kneeling Adductor Stretch with Hip External Rotation

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours.

Movement

Reach one leg straight out your side. Rotate your leg so that your toes point upward, then rotate your leg inward, lifting your heel off the ground, keeping your toes on the floor. Repeat these motions.

Tip

Make sure to only move through a pain-free range of motion and perform these movements slowly.

STEP 1



STEP 2



Quadruped Adductor Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours.

Movement

Spread your knees apart until you feel a stretch in your inner thighs, and hold this position.

Tip

Make sure not to arch your back during the exercise.

STEP 1



STEP 2



Stretching Adductors

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your back with your legs flat against a wall and your feet pointing toward the ceiling.

Movement

Keep your legs straight and slowly let your legs fall out to the sides until, you feel a stretch in your inner thighs. Hold this position.

Tip

Make sure to keep your lower back flat on the ground during the exercise.