

Gastrocs Stretch | Front Knee and Foot at Wall

Reps: 3-5 | Hold: 5-10sec

Preparation:

- Stand facing a wall as shown
- Have front toes and knee touching wall

Execution:

- Move the back foot away from the wall to feel a stretch
- Keep back heel on the ground



Have front toes and knee touching wall

Soleus Stretch | Back Leg, Big Toe Up (Doorstop)

Reps: 3-5 | Hold: 5-10 sec

Preparation:

- Stand with doorstop under the big toe of your back foot as shown
- Keep heel on the floor

Execution:

- Bring knee forward over toes



Doorstop under the big toe of your back foot



Bring knee forward over toes

Ankle Alphabet

Sets: 3x

Preparation:

- Sit in a chair with good posture
- Rest the edge of your heel on the floor as shown

Execution:

- Write the letters of the alphabet A to Z with your big toe



Alphabet



A



B



C, etc

Iliopsoas & Quad Stretch

Reps: 3-5 | Hold: 5-10sec

Preparation:

- Kneel on the ground in a lunge position, uninvolved leg forwards
- Rotate your pelvis slightly backward, flattening your lower back



Lean forward, straight back, pull ankle

Execution:

- Lean forwards, while maintaining straight posture and keeping your head up
- Reach back and pull your ankle towards your buttock

Pyramid Standing

Reps: 5-8 | Hold: 5-10sec

Keep front leg/knee straight

Reach down to front foot and hold position 5 - 10 seconds

Repeat stretch 5 - 8 times on each leg



Quad Stretch (Towel)

Reps: 5 | Hold: 5-10 sec

Preparation:

- Lie on your side, towel around ankle as shown

Execution:

- Pull heel to bum



Pull heel to bum

Hip Flexor + Thoracic Rotation Stretch

Sets: 3 | Reps: 6 | Hold: 5-10sec

Preparation:

- Lie on the side you want to stretch, assume the position shown
- Hold the ankle of the bottom knee with your top hand

Execution:

- Pull the bottom thigh/knee back to feel a stretch in the thigh
- Rotate your top shoulder towards the bed feeling a stretch in your upper back



Bring the top knee up towards your chest, put your bottom arm on the top of this knee



Bend the bottom knee, but keep the bottom hip straight

Piriformis/External Rotator Stretch

Sets: 3 | Reps: 5 | Hold: 6sec

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a stretch in buttock



Cross leg over knee



Pull knees toward chest

Piriformis Stretch

Sets: 3-5 | Reps: 6 | Hold: 5-10 sec

Preparation:

- Kneel on your hands and knees
- Cross your ankle over the back of your opposite knee as shown

Execution:

- Keeping your hands on the ground, lean backwards and towards your crossed leg



Start Position



Lean back and toward crossed leg

Gluteus Stretch (Wall)

Sets: 3 | Reps: 5 | Hold: 5sec

Preparation:

- Lie on back, knees and hips bent, feet flat on wall

Execution:

- Rest ankle on top of opposite knee
- Push knee toward wall



*Cross ankle over leg,
push knee toward wall*

Hamstrings Stretch (Belt)

Sets: 1 | Reps: 10 | Hold: 3-5 sec

Preparation:

- Lie on your back
- Loop a belt around your foot

Execution:

- Use belt to lift leg. You should feel a stretch along the back of your thigh.



Pull foot overhead

Hamstring Mobilization

Sets: 3 | Reps: 10-15 | Hold: 2-4sec

Preparation:

- Bend over with knees bent
- Place hands under toes

Execution:

- Lift bum up



Start Position



Lift bum up

Hamstring + Adductor Stretch | Wide Stance

Sets: 1 | Reps: 6 | Hold: 5-10sec

Preparation:

- Stand with good posture

Execution:

- Keeping your knees straight, position your feet as far apart from each other as you can, feeling for a stretch in your inner thigh / groin
- Slowly lean forwards from the hips, keeping your chin tucked and letting your arms dangle, increasing the stretch sensation



Start position



Lean forward from the hips



Front view - Wide legs



Lean forward from the hips

Extended Angle

Sets: 3 | Reps: 6 | Hold: 5-10sec

Preparation:

- Lunge one leg in front of you and open your hips
- Front foot faces forward, back foot perpendicular to the front foot

Execution:

- Bend front leg, Reach up and over your head



Side view