



Notes:

### Warrior Stretch With Twist

Keep back straight, lunge forward, twist and reach overhead. Keep a neutral spine.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31



Notes:



### Standing Hamstring Stretch

Bend forward at the hip (Hip Hinge) without bending at the knees. Be sure not to round the back as depicted in the second picture.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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Notes:



### Prone ITB/TFL Stretch

Begin in a push up position. Bend one knee and bring instep underneath toward the opposite hip. Hips remain level, knee is at the ilne of the body. Lower by using bodyweight to increase the stretch. Keep back flat. Do not do with knee patients.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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Notes:



### Posterior Capsule Stretch

On your side with arm out so that shoulder is aligned with elbow bring forearm up to a 90 degree angle. With opposite arm push wrist down to floor. Lean upper body toward floor until stretch is felt.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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29 30 31



### Seated Hamstring Stretch

Without bending at the knees, lean forward and try to touch your toes. Be sure not to round at the back as depicted in the first picture.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |
|         |  |

Notes:

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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### Short Adductors Seated

Sitting on floor with soles of feet together. Rock pelvis forward so as to be sitting on your 'sit bones'. Keep upper body tall, gently allow knees to drop towards the floor to feel a stretch in the inner thigh.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |
|         |  |

Notes:

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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### Adductors - Wall Splits

Lying on back with buttocks up against wall and legs up the wall. Buttocks should not leave the floor. Allow legs to drop out sideways along wall into a splits position. Keep toes pulled back feel a stretch in the inner thigh.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |
|         |  |

Notes:

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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### Gastrocs - Step

Standing tall with ball of foot on edge of stair or block. Drop heel over edge to feel stretch in the calf.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |
|         |  |

Notes:

1 2 3 4 5 6 7  
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Notes:

#### Fig.4 Knee to Chest - Supine

Lying on back, knees bent with feet flat on the floor.  
Cross one ankle onto opposite knee.  
Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

#### Tibialis Anterior

Standing, place top of foot on floor behind you.  
Bend knees slightly.  
Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

#### Lats / Rot. Cuff Self Traction

Stand at a 45° facing a closed door with one foot in front of the other in a lunge type position.  
Reach forward and grasp doorknob then slowly sit lower body down and backward to feel a stretch in the back and side of the shoulder.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

#### Pectorals - Corner / Doorway

Facing corner or standing through a doorway.  
Place forearms on each wall at shoulder height.  
Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

### Triceps

Sitting tall, place one hand behind neck.  
Use opposite hand to grasp elbow and try to slide finger tips further down spine to feel a stretch in the back of the upper arm.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

### Adductors - Standing Side Lunge

Standing, toes pointed forward, step out sideways into a side lunge position.  
Bend upper body forwards, keeping back flat and stabilizing upper body with hands on floor or by holding a chair.  
Shift weight from side to side, holding each way, to feel a stretch in the inner thigh and groin area.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

### Levator - Self Traction Chair

Sitting tall, grasp back edge of the chair with hand of the side to be stretched.  
Turn head to opposite side and flex head forward ('nose toward elbow').  
Let body lean to feel a stretch in the back and side of the lower neck.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

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Notes:

### QL / Lats - Side Lying - Ball

Down on one knee, place ball against hip.  
Raise body up sideways over ball, supporting with hand on floor.  
Straighten top leg and bring arm over head to feel a stretch in the side of the low back and hip.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

### Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint).

Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.

Can support body with hands on a chair, to avoid bending forward.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
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Notes:

### Hip Flexors - Bench

Place shin along bed or bench and bend front stabilizing knee to assume a lunge position.

Keeping upper body square, bend front knee and perform a pelvic tilt to feel a stretch in the thigh of the trailing leg.

Can hold on to a chair or the wall for stability.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

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