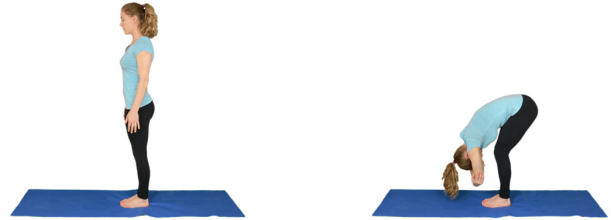


Forward Fold - Arms Folded



Z-Lying

Execution:

- Lie flat on your back, head supported
- Put feet up on a support surface



Lie on back, feet up

Knees to Chest | Double Leg

Preparation:

- Lay flat on your back with your knees bent

Execution:

- Draw both knees up to your chest as far as you can
- Wrap your arms around the fronts of your knees and gently pull, feeling for a stretch
- Relax back down



Wrap hands around knees



Pull knees to chest

Knee to Chest | Single Leg

Preparation:

- Lay on back

Execution:

- Pull knee towards your shoulder



Start Position



Bring knee to chest

Child's Pose

Preparation:

- Kneel on the floor, buttocks over heels.

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.



Start in 4 point



*Buttocks over heels,
stretch arms*

Piriformis/External Rotator Stretch

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

Preparation:

- Sit with good posture
- Have one knee crossed over the other as shown

Execution:

- Bring knee towards opposite shoulder



Start Position



Keep good posture



*Bring knee towards
opposite shoulder*

Happy Baby

Preparation:

- Lay on back

Execution:

- Bring knees to chest
- Grab your toes



*Hips towards chest,
knees wide, hold toes*

Hip Adductor Stretch | V-Wall

Preparation:

- Lie on your back
- Legs straight up on a wall
- Buttock flat against the wall

Execution:

- Allow your legs to spread apart forming a 'V' with your legs
- Feel a gentle stretch in your groin



Legs straight up on wall



Legs form a 'V'

Butterfly Pose

Preparation:

- Lay on your back, feet together

Execution:

- Draw soles of feet together, let knees hang wide
- Palms open and upturned
- Relax



*Feet together, knees
hang, palms open*

Iliopsoas Stretch | Lunge Standing

Preparation:

- Assume a wide, long lunge position with hands on hips

Execution:

- Push your back hip forward to stretch
- Keep your good posture



Lunge and stretch

Thomas Stretch | Seated

Execution:

- Sit on side of chair
- One leg off the chair as shown



Stretch leg off side of chair as shown

Iliopsoas Stretch (Table)

Preparation:

- Lay on your back with the leg you want to stretch near the edge of the bed
- Bend your other hip and knee up toward your chest

Execution:

- Drop your leg over the side of the bed; you should feel a definite, but not painful, stretch at the front of the hip and thigh
- To increase the stretch, slide your heel back to increase the bend in the knee



Clasp your hands behind your knee



Slide heel backwards