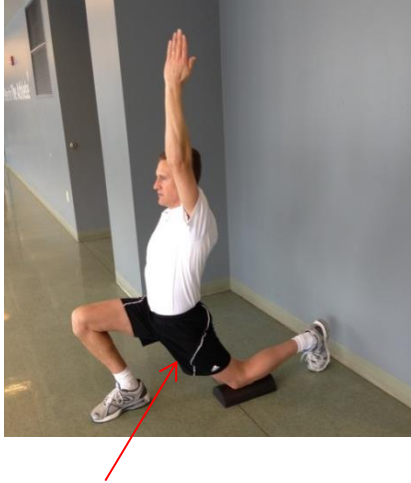


Lower Extremity Static Stretching



Kneeling Hip Flexor

Start: Kneel on one knee with back foot on ground. Raise arm straight overhead.

Finish: Draw-In abs and tighten glutes. Keep arm straight overhead and push hips forward to feel stretch.



Kneeling Quad

Start: Kneel on one knee with back foot raised against wall or placed on an object. Raise arm straight overhead.

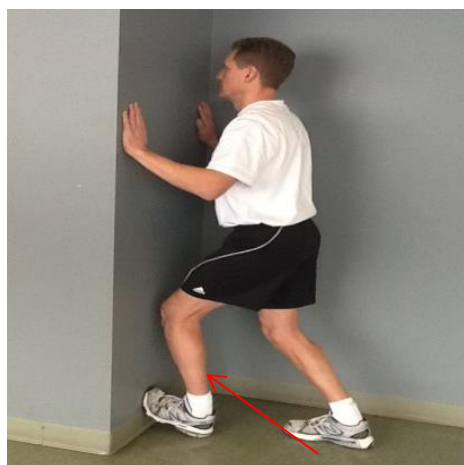
Finish: Draw-In abs and tighten glutes. Keep arm straight overhead and push hips forward to feel stretch.



90/90 Hamstring

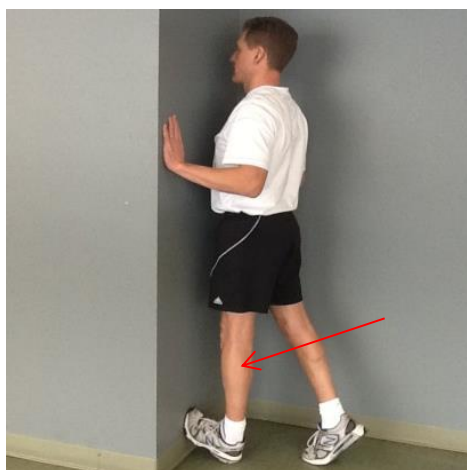
Start: Lying on back with both knees slightly bent and bottom of feet against wall, pull one knee over chest. Clasp hands behind knee.

Finish: Extend leg and continue pulling leg towards head.



Bent Knee Calf Stretch

Incline toe on wall, keep back foot pointed straight ahead, push knee forward towards wall until stretch is felt in back of the ankle.



Straight Knee Calf

Incline toe on wall, keeping that leg straight. Keeping back foot pointed straight ahead and push hips toward the wall, stretching front leg calf.

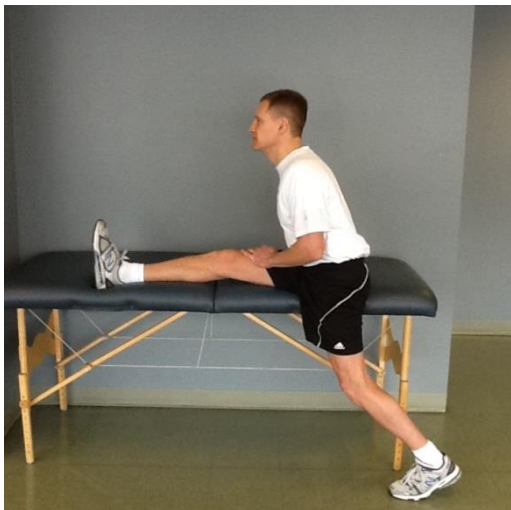
Alternative Lower Extremity Stretches



Foot Hooked on Table

Start: Place one foot on table top, hold chair in front to maintain balance. Draw-In Abs, tighten glutes.

Finish: Foot hooked on table Quad, Lower hips towards floor and remain in upright posture position.



Seated Hamstring

Start: Sit with 1 leg and hip on table at comfortable height with opposite leg extended behind body.

Finish: Seated Hamstring, Place one hand on thigh to keep it straight and opposite hand behind body to maintain upright posture. Bend forward at hip joint as needed to increase stretch