

Piriformis Stretch



- Sit on the floor with both legs extended in front of you.
- Cross your right leg over your left, and place your right foot flat on the floor.
- Place your right hand on the floor behind your body.
- Place your left hand on your right quad or your left elbow on your right knee (as shown) and press your right leg to the left as you twist your torso to the right.
- If the spinal rotation bothers your back, take it out and simply use your left hand to pull your right quad in and to the left.
- Hold for 30 seconds.

Lunge with Spinal Twist



- Start standing with your feet together.
- Take a big step forward with your left foot, so that you are in a staggered stance.
- Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh.
- Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.
- Hold for 30 seconds.
- Repeat on the other side.

Tricep Stretch



- Kneel, sit, or stand tall with feet hip-width apart, arms extended overhead.
- Bend your right elbow and reach your right hand to touch the top middle of your back.
- Reach your left hand overhead and grasp just below your right elbow.
- Gently pull your right elbow down and toward your head.
- Switch arms and repeat.

Hip Flexor Stretch



- Lie on your back with your feet flat on the floor.
- Cross your left foot over your right quad.
- Lift your right leg off the floor. Grab onto the back of your right leg (one hand goes through the legs and one round the outside and join the hands together) and gently pull it toward your chest.
- When you feel a comfortable stretch, hold there.
- Hold for 30 seconds.

- Switch sides and repeat.

Groin Stretch



- Sit tall on the floor with the soles of your feet together, knees bent out to sides.
- Hold onto your ankles or feet, engage your abs, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor, pushing outwards with your elbows.
- If you're too tight to bend over, simply press your knees down.
- Hold this stretch for 30 seconds.

Seated Shoulder Squeeze



- Sit on the floor with your knees bent and feet flat on the floor.
- Clasp your hands behind your lower back.
- Straighten and extend your arms and squeeze your shoulder blades together.
- Do this for 3 seconds, and then release. Repeat 5 to 10 times.

Standing Quad Stretch



- Stand with your feet together.
- Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together and then try to push your hips forwards and keep your back flat.
- If you need to, put one hand on a wall for balance.

- Squeeze your glutes to increase the stretch in the front of your legs.
- Hold for 30 seconds.
- Repeat on the other leg.

Lunging Hip Flexor



- Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent, so the knee does not go in front of the foot – if it does move the foot further forwards.
- Lean forward, stretching your left hip toward the floor and keeping the back and the hips engaged.
- Squeeze your butt; this will allow you to stretch your hip flexor even more.
- Hold for 30 seconds.
- Switch sides and repeat.

Knee to Chest Stretch



- Lie on your back with both legs extended.
- Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor – to make this harder use the arm just above the elbow to pull the knee into the chest.
- Make sure the other leg and hip stay flat and in contact with the floor.
- Hold for 30 seconds.
- Repeat on the other leg.

Straight Leg Hamstring Stretch



- Take the Knee to Chest Stretch (above) in to a straight leg stretch
- This can be done by either holding the leg just below the ankle (as in the first picture) or by using a towel or band to pull the foot in and straighten the leg (as in the second picture)
- Make sure you keep the other leg and hip flat on the floor and hold for 30 seconds
- Repeat on the other leg

Standing Hamstring Stretch



- Put your leg up on an object (a bed, chair, toilet, side of a bath etc work well for this).
- Straighten your leg and pull your toe in towards you.
- Keeping your back flat and lean into the stretch as far as it will go and hold for 30 seconds.
- Repeat on the other leg.
- This stretch works best with your foot twisted to the inside and then the outside so you are stretching different parts of the hamstring.

Front Calf Stretch



- Kneeling down with both hands on the ground and your knees and lower legs in contact with the floor.
- Lift the bum up into the air and then lift one foot off the floor.
- Raise up as far as you can on to the toes on the leg in contact with the floor and then drop the heel as far as you can towards the floor keeping the leg straight.
- Do this 20 times.
- Repeat on the other leg.

Achilles Stretch



- Standing on a step one foot in front of you and the other on the edge of the step (as in the picture)
- Drop the heel down of the foot on the edge of the step keeping the leg straight.
- Push your hips forwards and keep your back flat.
- Hold the stretch for 30 seconds.
- Repeat on the other leg.