

Thread the Needle Stretch - for hip rotators and extensors

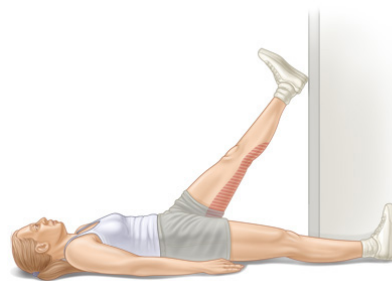
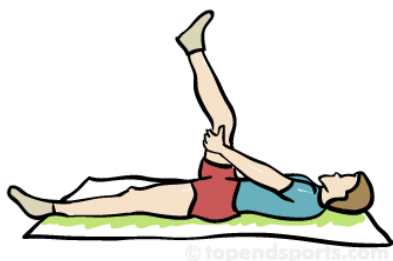


Cross one knee across the other. Pull up bottom leg and grasp with hands. Keep hips and knees and feet in alignment. Pull toes up on each foot to protect the ankle and knee. Hold for 30-60 seconds with breathing. Repeat 3-4 times.

May also use this foot on the wall for support. In this case, can maintain a longer stretch.

Prolonged stretching is not to be done prior to physical exertion.

Hamstring stretch



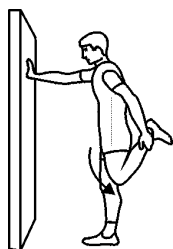
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Lay down and pull leg up towards chest with the knee bent. Keep the knee at hip level. Slowly straighten the leg into the air maintaining the alignment in the leg (hip/knee/foot). Pull toes up to stretch the calf as well. Hold for 30-60 seconds. Repeat 3-4 times as needed. Repeat other leg.

Can also put the foot on the wall and maintain a prolonged stretch for 2-3 minutes.

Alternately, can sit with one leg bent up and other leg straight out. Keep back tall, face towards the straight leg and bend hips forward towards the toes. Do not feel the need to touch toes, but go as far as you safely can keeping your back in a neutral position. Mild-moderate stretch. Hold for 30-60 seconds. Repeat 3-4 times. Repeat other leg.

Quadricep stretches



QUAD STRETCH
Lay on side.
Bend top leg and hold ankle/foot.
Pull heel towards buttocks.
(Stretch should be felt on the front of thigh)



Hip flexor stretch

(Keep back neutral)

