

### Standing ITB Stretch

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

- Begin in a standing upright position. Cross one foot in front of the other.

#### Movement

- Slowly fold forward and reach towards the instep of your back foot until you feel a stretch in the side of your upper leg. Hold this position.

#### Tip

- Make sure to maintain your balance during the stretch.

### Standing Quadriceps Stretch

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

- Begin in a standing upright position.

#### Movement

- Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

#### Tip

- Make sure to keep your back straight and maintain your balance during the stretch.

### Supine Piriformis Stretch Pulling Heel to Hip

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

- Begin by lying on your back with your knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

#### Movement

- Pull your heel as close to your hip as you can. With your other hand, pull your knee toward your opposite shoulder. Hold this position.

#### Tip

- Make sure to keep your low back flat against the floor and do not allow your trunk to twist during the stretch.

### Supine Hamstring Stretch

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

- Begin lying on your back with one leg straight and the other leg bent.

#### Movement

- Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

#### Tip

- Make sure to keep your back flat on the floor during the stretch.

### Standing ITB Stretch

reps: 1 sets: 3 hold: 30 sec Weekly: 5x Daily: 2x



Step 1



Step 2



Step 3



Step 4

#### Setup

- Begin in a standing upright position with one leg crossed over the other.

#### Movement

- Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

#### Tip

- Make sure to avoid twisting or rotating your body during the exercise.