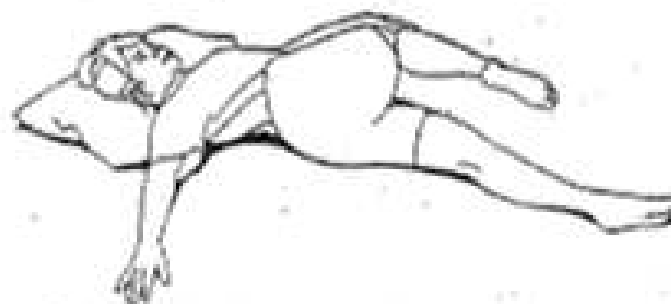


Hip Flexor



Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.

**Lower Back 2:
Lumbar Rotation**



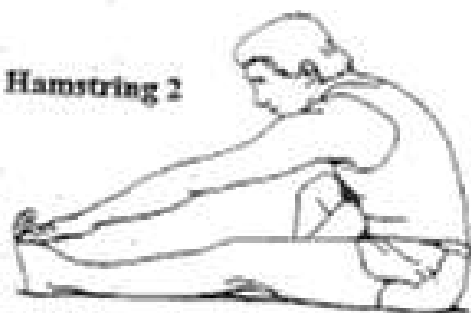
Lie on back with RIGHT / LEFT knee drawn toward chest. Slowly bring bent leg across body until a stretch is felt in lower back/hip area.

Calf 1: Soleus



Keeping back leg slightly bent, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in the calf.

Hamstring 2



Reach down along leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight.

Stretching

Hold for 20-30 seconds.

Repeat 1-4 times.

Quadriceps



Pull heel toward buttock until a stretch is felt in front of thigh.

Press-Up



Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed.

Gluteus / Outer Hip



Cross legs with involved leg on top. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock/hip area.

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

**Calf 2:
Gastrocnemius**

