HIP / KNEE - 34 Stretching: Hip Flexor

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 15 seconds.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

HIP / KNEE - 35 Stretching: Piriformis

Cross left leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 15 seconds.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

BACK - 54 Lumbar Rotation Stretch

Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 15 seconds.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

HAMSTRINGS - 1 Knee to Chest

Gently pull knee to chest until stretch is felt. Hold 15 seconds. Repeat with other knee.
Repeat 5 times. Do 2 sessions per day.

HIP OBLIQUE - 8 Internal Rotators

Gently pull foot and knee toward shoulder, rotating at hip. Hold 15 seconds. Repeat with other leg.
Repeat 3 times. Do 2 sessions per day.

UPPER LEG - 5 Quadriceps

Holding one foot with same-side hand, raise leg until stretch is felt. Hold 15 seconds. Repeat with other side.
Repeat 3 times. Do 2 sessions per day.