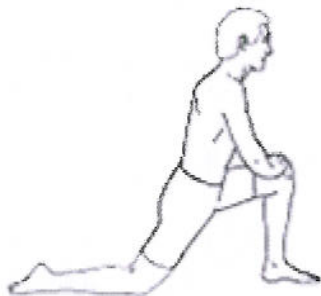


HIP / KNEE - 34 Stretching: Hip Flexor



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.

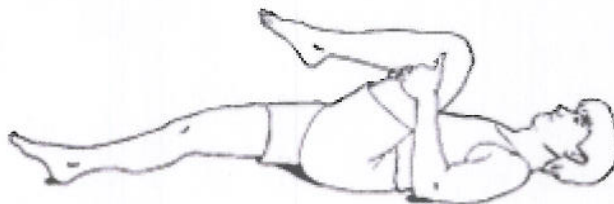
BACK - 54 Lumbar Rotation Stretch



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.