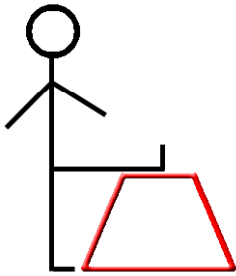
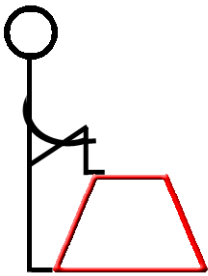


Static Stretches



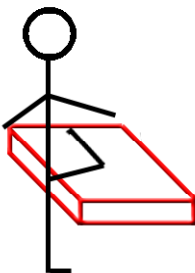
1) TABLE HAMSTRING STRETCH

Internally rotate both hips (slightly pigeon toed), place one leg on a platform, straighten both the standing and extended legs. Move the hip of the standing leg towards the midline of the body. Do NOT move the shoulders or spine. Hold for 20 to 30 seconds. Repeat on the opposite side.



2) HIP FLEXOR

Internally rotate standing leg (slightly pigeon toed) and place other foot on platform. Straighten knee of standing leg and stand tall. Fire the glute. Hold for 20 to 30 seconds. Repeat on opposite side.



3) HIP ROTATOR

Internally rotate standing leg (slightly pigeon toed) and place bent leg and part of the butt cheek on platform. Keep bent knee inside the shoulder and shift your body weight on to this leg. Move the hip of the standing leg towards the midline of the body. Do not rotate the lumbar spine. Hinge forward from the waist to increase the stretch. Hold for 20 to 30 seconds. Repeat on opposite side.

4) BENT KNEE GROIN STRETCH



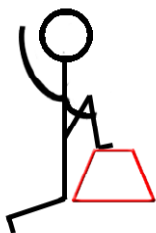
Sit on ground and place the soles of feet together and open the knees towards the ground until you feel a stretch on the inner thighs. Sit up tall, lengthen the spine and pull the hips toward the feet to deepen the stretch. Do not round the back. Hold for 30 to 45 seconds.

5) STRAIGHT LEG GROIN STRETCH

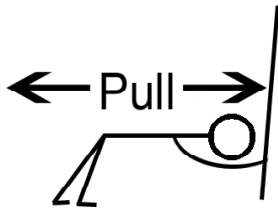


Sit on ground, extend legs open as far as possible and internally rotate the legs so that the toes point up. Sit up tall, lengthen the spine and pull the hips forward to deepen the stretch. Do not round the back. Hold for 30 to 45 seconds.

6) BOX HIP FLEXOR

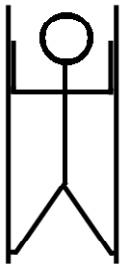


On a mat kneel with the left leg at a 45 degree angle from a 12 inch box. Rotate the hips; place the right foot on the box. Flex the glutes, tighten the abs and reach for the ceiling with the left hand. Do not over arch the back. Repeat on the opposite side. If unable to balance on the 12 inch box reduce the height of the box. Hold for 20 to 30 seconds. Repeat on the opposite side.



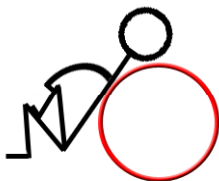
7) LAT STRETCH

Stand an arm's length away from a post and grab post with the right hand, thumb facing the ground. Straighten the legs and drop the butt back, reaching the right butt cheek toward the wall behind you. Turn the face toward the left shoulder. Hold for 20 to 30 seconds. Repeat on the opposite side.



8) CHEST STRETCH

Standing in a doorway, place forearms against wall with the elbows shoulder height and lean into the doorway. Keep the body rigid. Do not allow the hips to sag. Hold for 20 to 30 seconds. Repeat a second time with the elbows higher than the shoulders to stretch the front of the shoulder.

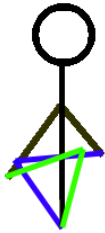


9) WALL HIP ROTATOR or PRETZEL

Wall Hip Rotator - Sit on the floor in front of ball, feet flat on the ground. Lift butt up off the ground and place lumbar spine against the ball resting against the wall. Cross one leg over opposite knee, pulling knee into chest and dropping butt toward the ground. Hold for 20 to 30 seconds. Repeat on the opposite side.



*Alternate
Exercise*



Pretzel - Lie down on a mat on your back. Place the right ankle on top of the left thigh. Grasp the right heel with your left hand. Grasp the left ankle* with the right hand. Gently pull on the ankles until you feel a stretch in your right glut. Hold for 20 to 30 seconds. Repeat on opposite side.

*If your flexibility does not allow you to reach your ankle, grasp the leg at the shin.

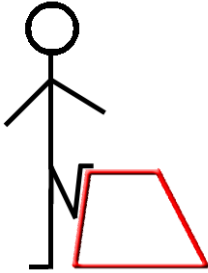


**10) WALL THIGH STRETCH or
STANDING QUAD STRETCH**

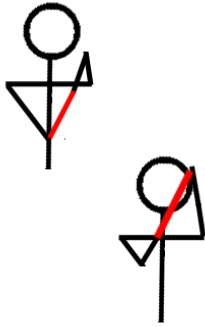
Wall Thigh Stretch - Place right knee against baseboard with the shin and top of the foot flat against the wall. Bring left knee in a semi-circle out and around the body, placing the left foot flat on the ground in front of you. Push the body upright. Tighten your abs in order to prevent pelvic tilting. Hold for 20 to 30 seconds. Repeat on opposite side.

MODIFICATION: For those with less flexibility in the thighs, keep front knee on the ground.

Alternate Exercise



Standing Quad Stretch - Stand upright with back to a table or bench. Grab one foot with hand and place the top of the bench or table, pointing the knee towards the ground. Tighten your abs in order to prevent pelvic tilting. Squeeze the knees together and lean back while pushing the hips forward and maintaining a neutral spine. Hold for 20 to 30 seconds. Repeat on opposite side.



11) TRICEP and SHOULDER INTERNAL ROTATION TOWEL STRETCH

Grasp a towel or strap and place hand behind neck pointing elbow to the ceiling. Place the opposite hand in the small of the back, grasping towel or strap, straightening the elbow in order to create a stretch in the tricep of the top arm. Hold for 20 to 30 seconds. Repeat on the opposite side.

With the top arm pull the strap up as high as possible and pull the bottom hand upwards between the shoulder blades creating a stretch in the front of the shoulder of the bottom arm. Hold for 20-30 seconds. Repeat on the opposite side.