

**HIP FLEXOR / QUAD STRETCH WITH STRAP - THOMAS STRETCH**

Place a strap or belt around your foot as shown. Bring the other end of the belt around your shoulder. If using a belt, you may need to link 2 belts together for extra length.

While lying on a table or high bed, let the affected leg lower towards the floor. Next, gently pull on the strap to get your knee to bend until you feel a stretch on top of your thigh.

Video # VVM7G8JJZ

Repeat	2 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day

**HAMSTRING STRETCH - SUPINE**

While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.

Video # VVXLGCZLX

Repeat	2 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day

**PIRIFORMIS STRETCH - MODIFIED 2**

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

Repeat	2 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # VVNCZDYYG

Repeat	2 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day