



Hamstring wall stretch: Lay on back with one leg up on a wall and the other leg through the door. The closer your hip is towards wall, the greater the stretch.
Hold for: 30-45 sec.



Pigeon stretch: On floor, bend knee and rotate foot towards you. Bring torso towards ground.
Hold for: 30-45 sec



Pigeon on table: Bend knee and cross leg in front of you. Bring torso towards you foot keeping back flat.
Hold for: 30-45sec



Piriformis stretch while supine: Bend knee and cross leg in front of you. Bend opposite knee and pull it up towards leg to be stretched by bringing hand in back of knee. Pull down on knee to be stretched for extra stretch.
Hold for: 30-45sec



Piriformis stretch while seated: Cross foot over knee and push down on knee of leg to be stretched while leaning torso forward keeping back flat.
Hold for: 30-45sec



Hip Flexor stretch: Lay on back with foam roller under hip. Straighten leg to be stretched while bending other leg into chest. Lengthen leg out at hip.
Hold for: 30-45 sec.



Self massage for quads: Lay on stomach with foam roller under quadriceps. Roll up and down the length of the quadriceps musculature. Avoid rolling over any bony prominences. Do this for ____ minutes.



Self massage for piriformis: With foam roller under glutes of side to be stretched, bend opposite knee and put foot on knee of leg to be stretched. Roll up and down. Do this for ____ minutes.



Self massage for IT band: Laying on effected side with foam roller underneath IT band, roll up and down along the whole length of the band. Avoid rolling over any bony prominences.

Do this for ____ minutes.



Self Massage of hamstrings: Sit with foam roller underneath hamstrings of both legs. Roll up and down the whole length of the musculature.

Do this for ____ minutes.



Hip flexor stretch: With effected knee on pillow and opposite knee bent, lean forward at hip. Make sure toes are pointed inward and don't let bent knee go past toes. Hold this for ____ minutes.



Hip flexor stretch with reach: Stretch as description to the right, adding same side arm reaching overhead and to the opposite side of the body. Hold this for ____ minutes.



Step down: Step sideways off of stair keeping hips level. Bend knee and touch foot on ground then straighten knee again, making sure bent knee does not go past toes on the same leg. Repeat _____ times.



T-Band hip flexion: With theraband around ankle, kick the leg forward keeping it straight.

Repeat _____ times.



T-Band hip adduction: With theraband around ankle, kick leg towards you and across your body.

Repeat _____ times.



T-Band hip extension: With theraband around ankle, kick leg behind you keeping knee straight.

Repeat _____ times.



T-Band hip abduction: With theraband around ankle, kick leg out to your side keeping you knee straight.

Repeat _____ times.



Clams: With body in a straight line, slowly raise your top knee towards the Ceiling, while keeping both ankles and Feet together. Can add theraband for more resistance. Repeat _____ times.