

1



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VV9R6CRWF

4



HIP FLEXOR STRETCH 4

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, slowly bend your affected knee to add more stretch and grasp your opposite knee and pull it towards your chest.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

2



Glute and Hip Release Stretch (pigeon pose)

- Hips square facing edge of bed
- Bed height according to flexibility of person, roughly hip height
- Bring right leg up to bed height, knee bent 90 degrees and externally rotated so that calf is parallel to hips
- Place hands on table for balance
- Left leg should be 12 inches back from the bed, leg straight and foot facing forward.
- Lean into the position and hold

* ensure not to let straight standing leg and/ or pelvis ext. rotate, keep hips parallel to the table.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

5



Hand Heel Rock

Start in quadruped ("crawling") position. Slowly rock buttock back onto your heels, keeping your hands in place. Hold position to stretch low back and then return to quadruped position.

Repeat 10 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Times a Day

3



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVDKWUAS7

6



STANDING ILIOTIBIAL BAND STRETCH WITH TRUNK SIDE BEND - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day