

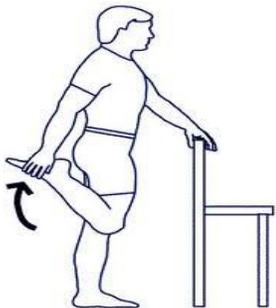
### Hip Flexor Stretch



- Keeping your belly button drawn in towards your spine, kneel down onto your right knee with your left leg out in front supporting you
- Use an exercise mat, pillow, or towel under your knee for additional support and comfort if needed
- Squeeze your glut/buttock muscles to give you stability & balance
- Keeping your head and chest up and alignment with the hip, knee, and ankle straight ahead; lunge forward with the hips until you feel a gentle pull on the front of your right hip
- Hold for 30 seconds
- Repeat with the left leg. Alternate between right and left until 2-3 sets have been performed on each leg
- You may hold onto a chair, table, or wall to assist with balance if needed
- You may also try this stretch in standing if kneeling is too difficult
- Keeping your head and chest up and alignment with the hip, knee, and ankle straight ahead; lunge forward with the hips until you feel a gentle pull on the front of your left hip & down your thigh
- Hold for 30 seconds
- Repeat with the left leg forward. Alternate between right and left until 2-3 sets have been performed on each leg

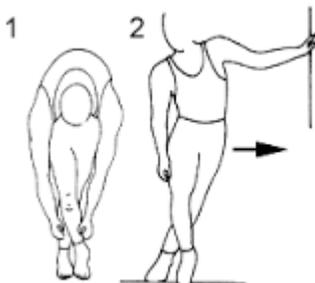


### Standing Quadriceps Stretch



- Keeping your belly button drawn towards your spine, hold onto a chair, railing, or wall for support.
- Squeeze your glut/buttock muscles to give you stability & balance
- Bend the right knee and bring the right leg slightly in front of you to grab onto the right ankle/foot
- Keeping your head and chest up and alignment with the hip, knee, and ankle straight ahead; gently bring your right heel towards your buttock until a gentle stretch is felt in the front of the thigh
- Hold for 30 seconds
- Repeat with the left leg. Alternate between right and left until 2-3 sets have been performed on each leg
- You may also try this stretch lying on your side if standing is too difficult

### ITBand Stretch



- Option 1: Place your right leg in front of your left leg & slowly bend forward at the waist until you feel a gentle stretch down the side of your left thigh into your knee
- Option 2: Holding onto a chair or the wall, place your right leg in front of your left leg and bend at the hips towards the right until you feel a gentle stretch down the side of your left thigh into your knee
- Hold for 30 seconds
- Repeat with the left leg in front. Alternate between right and left until 2-3 sets have been performed on each leg