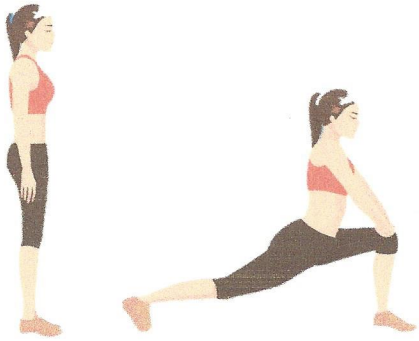
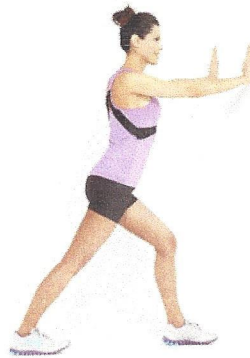


Standing Stretches



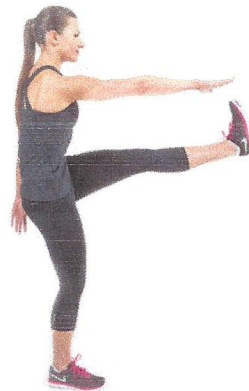
Step back Lunge hip-flexor stretch – contract glutes



Wall step back calf stretch



Heel to buttock quads stretch



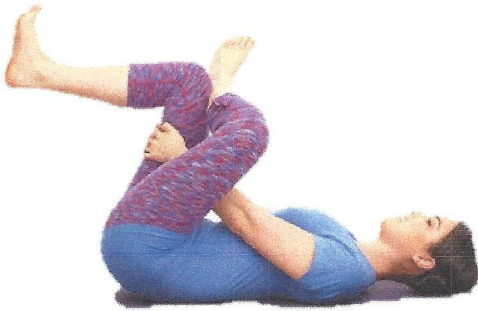
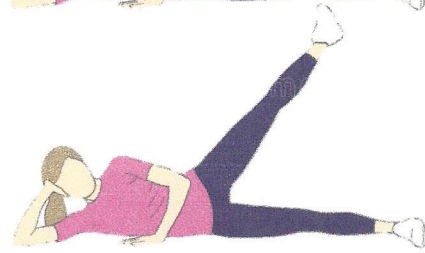
Standing Ham String Stretch

Lying on Back Stretches



Hip Adduction: bottom leg raises

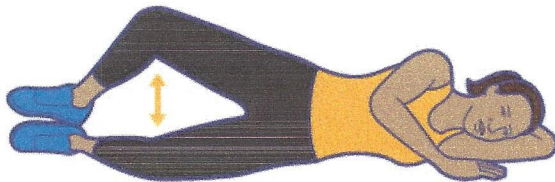
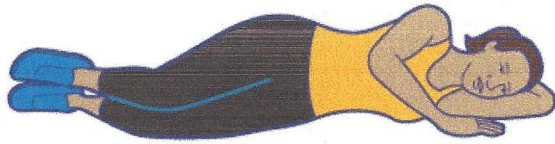
Knees bent, feet on floor and separate knees



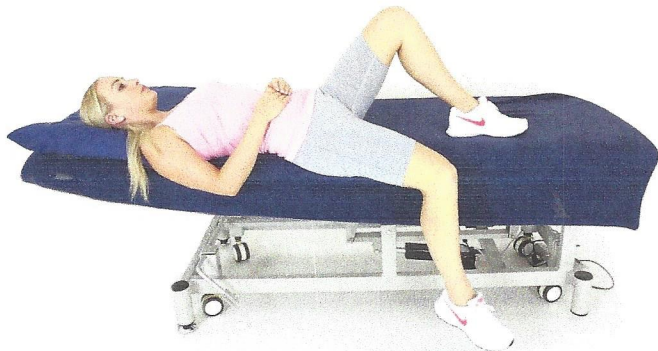
Hip abduction: top leg raises

Knee bent other leg crossed over

Lying on Side Stretches and Exercises



Clam Shell: On side with stacked knees bent together - lift top knee



Lying on back drop leg over the edge and bend the bottom knee as far as possible, pull opposite knee up to chest with hands