

Leg Stretches

choose the psoas stretch that works best for you

Hamstrings Stretch

Sets: 2 | Duration: 30 sec

Preparation:

- Sit on the floor, one leg out front, other leg bent with foot tucked into upper thigh

Execution:

- Reach gently over front leg to feel a stretch in the back of your thigh



Lean forward from the hips, keeping lower back flat

Quads Stretch (Wall)

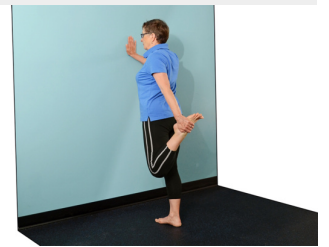
Sets: 2 | Duration: 30 sec

Preparation:

- Stand tall with one hand on wall
- Grab your foot with the other hand

Execution:

- Pull your heel towards your buttock to stretch the front of the thigh



Avoid arching through the lower back, keep tailbone tucked

Gluteus Stretch

Sets: 2 | Duration: 30 sec

Preparation:

- Sit with good posture
- Have one foot on top of the opposite knee as shown

Execution:

- Push knee down
- To increase the stretch, lean slightly forward



Start Position - Push knee down



Lean forward to increase stretch



Push knee down, lean forward to increase stretch

Piriformis Stretch

Sets: 2 | Duration: 30 sec

Preparation:

- Sit with good posture
- Have one knee crossed over the other as shown

Execution:

- Bring knee towards opposite shoulder



Start Position



Keep good posture



Bring knee towards opposite shoulder

Hip Adductor Stretch

Sets: 2 | Duration: 30 sec

Preparation:

- Sit on the floor, knees wide, soles of feet touching

Execution:

- Gently push knees toward the floor



Gently push knees toward the floor

Iliopsoas Stretch (Chair)

Sets: 2 | Hold: 30

Preparation:

- Stand with good posture with one knee up on a chair

Execution:

- Push your hips forward until you feel a stretch in the front of your thigh



Tuck tail bone under, avoid arching through lower back



Push up forward to feel a stretch in the front of your thigh

Iliopsoas Stretch (Table)

Sets: 2 | Hold: 30

Preparation:

- Lay on your back with the leg you want to stretch near the edge of the bed
- Bend your other hip and knee up toward your chest

Execution:

- Drop your leg over the side of the bed; you should feel a definite, but not painful, stretch at the front of the hip and thigh
- To increase the stretch, slide your heel back to increase the bend in the knee



Clasp your hands behind your knee



Slide heel backwards