

BEGINNER STRETCHING PROGRAM

For this program to be effective, it must be performed gently and consistently. All stretches should be approached in a gentle manner without discomfort. AGGRESSIVE, INTENSE STRETCHING WILL NOT GET THE SAME RESULTS!! If you have questions regarding these initial stretches please contact your therapist or instructor.



HAMSTRING STRETCH

Position one leg on wall, one leg on floor as shown. Move forward or backward from wall to feel **mild** stretch without discomfort. Buttocks should be squarely on floor with neutral spine, not rotated.

HOLD 6 minutes without changing position. Repeat on opposite leg.

PIRIFORMIS (CROSSOVER) STRETCH

Lying flat on back, grasp knee and lower leg as shown. Gently pull both hands to shoulder opposite the stretching side. **DO NOT TWIST YOUR SPINE!** Keep your back squarely flat on the floor.

HOLD 30 seconds. Repeat on opposite leg. Perform 3 times.



KNEELING HIP FLEXOR STRETCH

Kneel on pillow with knee of stretched leg close to wall and ball of foot on wall as shown. Opposite leg is bent as shown. Gently stride body forward to extend hip. Roll pelvis under, as if performing a low pelvic tilt. **DO NOT ARCH BACK!**

HOLD 30 seconds. Repeat on opposite leg. Perform 3 times.