

## 1. Hip Release Hook lying (Ball)

Reps: 5 spots each side | Duration: 20 sec. each spot

### Preparation:

- Lie on your back with your feet flat on the floor.
- Place ankle up on opposite knee
- Place a small ball underneath your buttock.
- Placement of the ball should be on the tight/tender muscles, not bone.

### Execution:

- Let your hip sink into the ball.
- Allow the ball to release the tight muscles in your buttock.



Let hip sink into ball

## 2. Piriformis Stretch

Sets: 3 | Hold: 30sec.

### Preparation:

- Lie on back with knees bent, feet flat on floor
- Cross one leg overtop
- Lock hands around knee

### Execution:

- Pull knee toward opposite shoulder



Side view -  
Cross leg over  
knee



Front view -  
Grab knee with  
hands



Pull knee toward  
opposite  
shoulder

## 3. Thigh Release (Foam Roller)

Sets: 1 | Duration: 3 min

### Execution:

- Position foam roll beneath hip, as shown.
- Roll side to side across the foam roller
- Go side to side a few times then move up or down and repeat

**Note:** This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.



Start Position



Roll out along foam

#### 4. Quadriceps Stretch (Box)

Sets: 3 | Hold: 30 sec.

##### Preparation:

- Kneel on the ground with back foot on box or step as shown
- Rotate your pelvis slightly backward, flattening your lower back

##### Execution:

- Lean back slightly to feel a stretch



Keep pelvis rotated

#### 5. Calf Release (Foam Roller)

Sets: 1 | Duration: 3 minutes

##### Preparation:

- Sit with your calf on a foam roll.

##### Execution:

- Roll your calf sideways across the foam roller
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll

#### 6. Gastrocs Stretch (Wall)

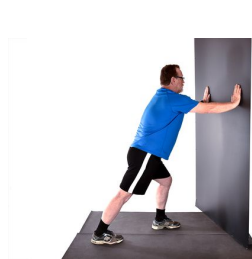
Sets: 3 | Hold: 30 sec.

##### Preparation:

- Stand in front of a wall with one leg forward and one leg back

##### Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward, hands relaxed on wall, belly button pulled in



Bend elbows to move closer to the wall to stretch the back leg, keep front knee behind toes

## 7. Hamstring Stretch

Sets: 3 | Hold: 30sec.

### Preparation:

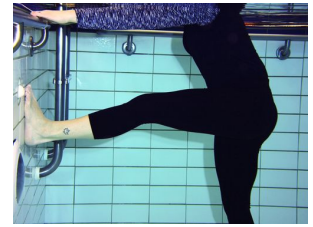
- Stand with you foot on an elevated surface

### Execution:

- With your knee bent to about 90 deg., lean forward and place your forearms on your thigh
- Slowly straighten your knee out until you feel the stretch in your hamstring, **NOT BEHIND YOUR KNEE OR DOWN INTO YOUR CALF.**



Put one foot up on a chair or table



Push your knee down to stretch the back of your thigh