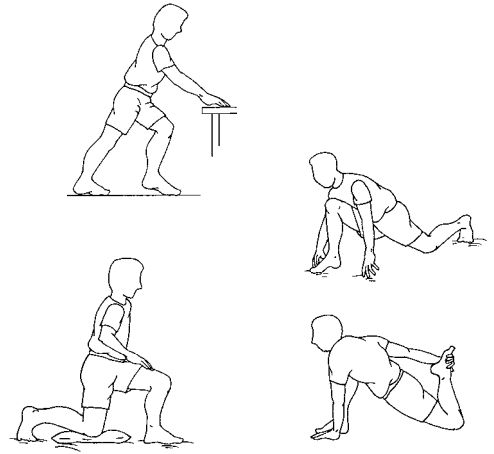


## Hip flexor stretch

- Place one leg in front of the other, keeping the back of your knee straight, bend your forward knee and shift weight forward until a stretch is felt in the front of the back leg's thigh.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_
- Kneel on your \_\_\_\_\_ knee. Slide the same foot backward, tuck your pelvis under. Shift your weight forward onto your front foot until a stretch is felt in the front of the hip.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_
- Kneel on your \_\_\_\_\_ knee (on a pillow). Shift your weight forward onto the front foot until a stretch is felt in your front hip.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_



## Iliotibial band stretch

- Stand with your \_\_\_\_\_ side facing the wall. Cross your \_\_\_\_\_ leg over the opposite leg. Keeping your side straight, bend to the \_\_\_\_\_ side until a stretch is felt in the outside area of your \_\_\_\_\_ hip and thigh.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_
- Pull your knee across your body toward the opposite shoulder. You should feel a stretch on the side of your bent hip.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_
- Pull your knee to your chest and across your body to the opposite shoulder. You should feel a stretch on the outside of your bent hip.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_
- Place your bent knee up on a table. Attempt to have your leg lay flat. Lean forward until a stretch is felt on the outside of your bent knee extending to the hip.  
Reps \_\_\_\_\_ Sec. held \_\_\_\_\_ Times/day \_\_\_\_\_

