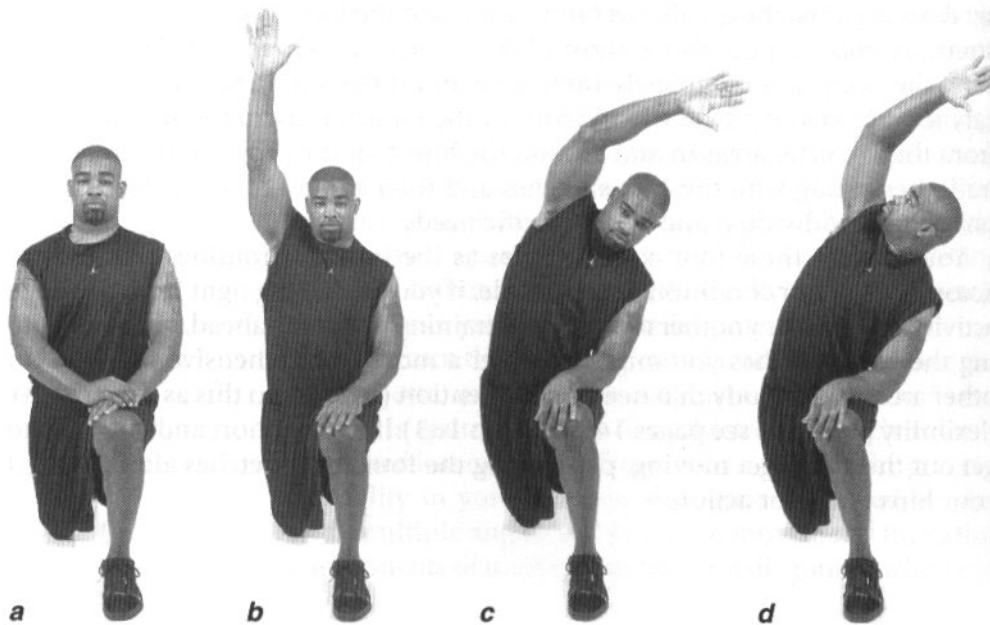
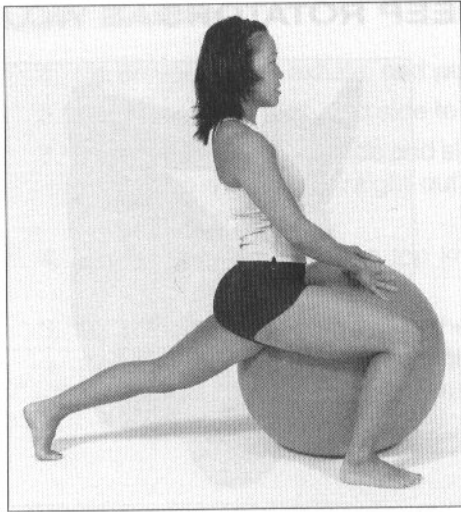


## HIP FLEXOR

1. From standing, kneel in a lunge position with the right leg back. Inhale, keeping the chest lifted and abdominal muscles pulled slightly inward. Exhale, pressing the right hip forward until you feel a slight stretch. Inhale and release the stretch and your body slightly. Then wave into the stretch on the exhalation again. Repeat the stretch wave as many times as necessary, using the breathing pattern just described, until you feel the tissue release.
2. To continue the stretch along the front fascial line of the hips, reach the right arm upward as you continue pressing the right hip forward. Exhale into the stretch wave as you reach the hand upward, lifting the torso and arching the back slightly. Inhale as you release the stretch position.
3. To continue the stretch into the lateral line of the hips and torso, lean the body over to the left side and push the right hip slightly outward as you exhale into stretch. Inhale as you release.





## HIP FLEXORS

1. Place a stability ball against a wall. Get into a lunge position with the left hip bone pressing against the ball and the hands on the ball. The ball will help the torso lift upward.
2. Exhale and press into the ball with the hip of the leg that is extended backward, keeping both hips square.
3. Keep the torso lifted upward and pull the abdominals in toward the spine as you gently lean back into extension.
4. Continue to press into the ball with your hip as you slightly move your torso left and right to get different angles of stretch. To increase the stretch, bend back into deeper extension and slide the back leg farther out.

You don't need to rush out and buy a stability ball. You can use a chair, and put a pillow on it, so it doesn't hurt when you're up against it.

## HAMSTRINGS

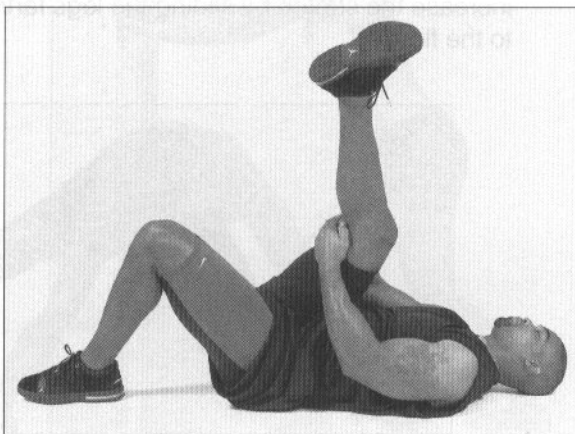
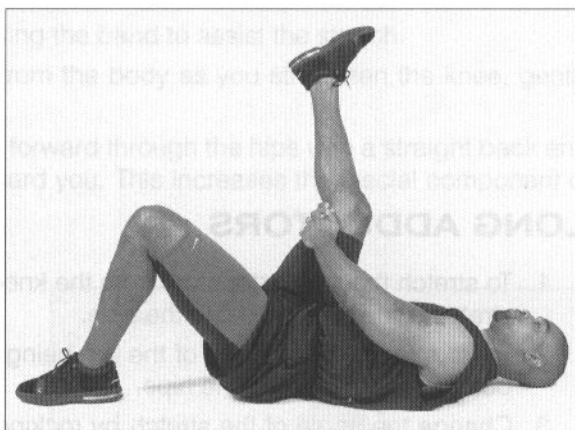
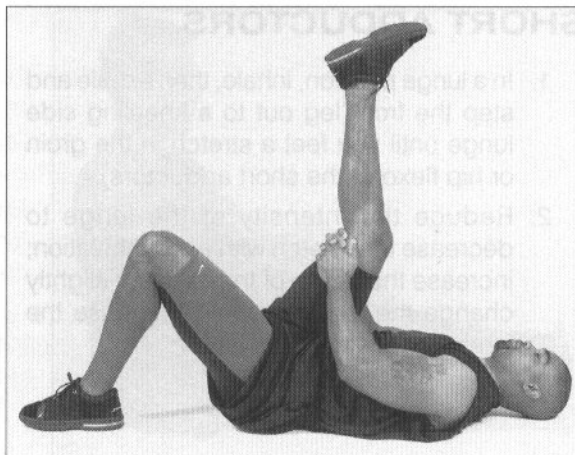
1. Lie on your back with your body relaxed and one knee bent, foot on the floor. Bend the other knee and interlace the fingers behind it, bringing the knee into the chest.

2. Keeping the head and shoulders relaxed on the floor, inhale, then exhale as you gently stretch the leg upward and outward from the joint and then toward the center of chest. Keep the knee bent at this point, focusing on the stretch in the joint.

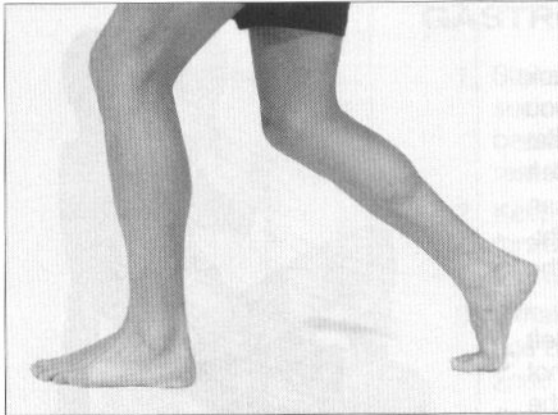
3. To increase the stretch, with each exhalation, try to bring the leg closer to chest and straighten the knee.

4. Now inhale and gently stretch the leg up and outward from the joint and toward the shoulder on the same side as the stretched leg to work the medial aspect of the hamstring. Again, to increase stretch, try to bring the leg closer to shoulder with each exhalation and straighten the knee.

5. Inhale, then exhale as you take the leg across the body and up toward the opposite shoulder to work the lateral aspect of the muscle. Again, to increase the stretch, try to bring the leg farther across the chest and toward the opposite shoulder chest with each exhalation and straighten the knee.

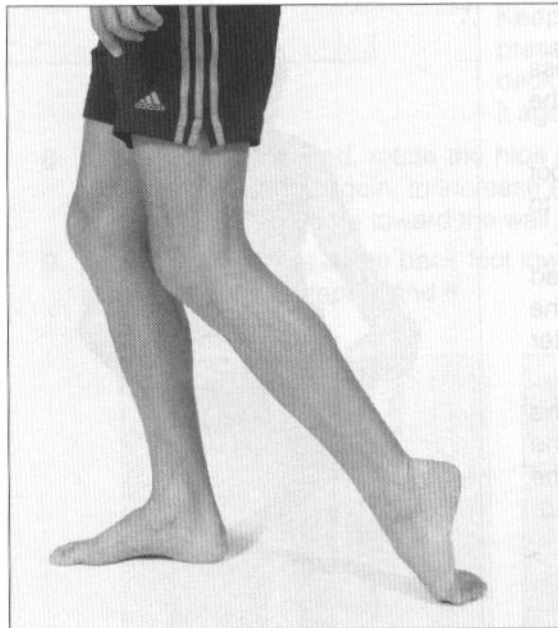


Start with a bent leg and work toward straightening the leg as your flexibility improves over the course of several sessions.



## **PLANTAR AND TOE FLEXORS**

1. From a standing position, slide one foot backward and lift the back heel up off the floor.
2. Bend both knees while pressing the ball of the back foot into the floor.
3. Shift your weight back and forth between the legs to stretch the bottom of the foot.
4. To increase the stretch, bend the knee more as you lift the back heel higher.



## **DORSIFLEXORS AND TOE EXTENSORS**

1. From a standing position, slide one foot backward and place the top of the foot on the floor with the toes bent under.
2. Bend both knees and lift the ankle of the back foot upward.
3. Gently shift your weight toward back foot.
4. Change the angle of your ankle slightly, turning it inward or outward.
5. To increase the stretch, bend both knees more and shift more weight onto the top of the back foot without compressing the toe joints.