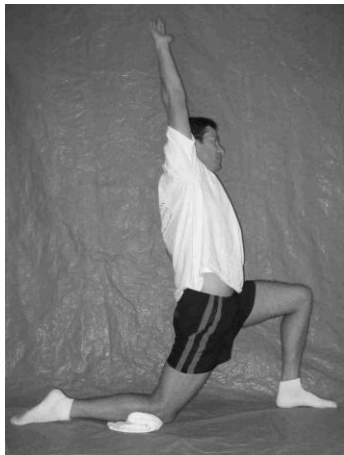




HAMSTRING STRETCH

- lie on back
- wrap towel around right foot and grasp ends with both hands
- slowly pull leg towards head
- For seated stretch, sit up straight, keep back straight and slowly bring chest towards feet

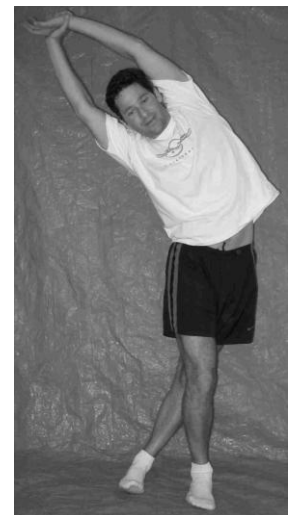
Repeat on left leg. Hold for 20-30 sec or as prescribed.



PSOAS/QUADRICEPS STRETCH

- place right knee on ground (use towel to support knee)
- place left foot in front with 90° bend in knee and hip
- raise right arm in air
- slowly lean forward while maintaining hip and back position

*Repeat on other side.
Hold for 20-30 sec*



TFL STRETCH

- cross right leg over left
- grasp hands above head
- lean off towards right
- stretch should be felt on left

Repeat on opposite side. Hold for 20-30 sec or as prescribed.