

1. Hamstring

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

1) Hands supporting active extended leg; point and flex foot. Other leg bent.



Step 1



Step 2

2. Hip Flexor

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

- 1) Place bolster under right leg, start with right knee on the ground and left knee straight ahead.
- 2) "Stop the flow" and tuck pelvis under by drawing your belly button up towards your chest.
- 3) Lean slightly forward, keeping back straight, until a stretch is felt in your right thigh / hip flexor.



Step 1



Step 2

3. Quad

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

- 1) Stand on your unaffected leg and bend your affected knee up. Grab the top of the affected ankle with the same hand.
- 2) Maintain your hold on the ankle, while you bring your knee back down, in line with your body.
- 3) Maintaining a flat straight back, engage gluts to extend knee back.
- 4) Hold the stretch, keeping your lower back neutral. Do not arch your back.



Step 1



Step 2

4. Soleus

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

- 1) Stand facing the wall with one foot in front of the other, angle front foot so toes are on wall and heel is on ground
- 2) Lean into the wall with knee bent and heel on floor.



Step 1



Step 2

5. Hip/Glut

- **Sets:** 3-5
 - **Frequency:** Every 3 hours
 - **Hold:** 30 sec.
- 1) Support weight on hands as you extend one leg behind you and fold the other underneath, knee pointing forward, outside of ankle on the ground, heel by hip - lower into stretch
 - 2) Maintaining forward posture with your torso
 - 3) To increase this stretch rotate pelvis forward.
do not arch back



Step 1



Step 2

6. ITB Roller

- **Sets:** 3-5
 - **Frequency:** Every 3 hours
 - **Hold:** 30 sec.
- 1) Lay on the roller so that the roll sits under the side of the leg just below the hip joint. Support some of your weight through your hands and opposite leg (which is crossed out in front of the leg on the roll).
 - 2) Roll back and forth from below the hip until just above the knee.



Step 1



Step 2

7. Lats

- **Sets:** 3-5
 - **Frequency:** Every 3 hours
 - **Hold:** 30 sec.
- 1) Start in a 4 point position
 - 2) Grasp something in front of you that is stable
 - 3) Slowly lower your bum towards your heels



Step 1



Step 2

8. Reverse Bench

- **Sets:** 3-5
 - **Frequency:** Every 3 hours
 - **Hold:** 30 sec.
- 1) Lay on foam roller with knees bent and neck and back in neutral alignment
 - 2) Start in bench press position; squeeze shoulder blades and drop elbows to the ground.
 - 3) Move hands back keeping elbows on ground.



Step 1



Step 2

9. Snow angels (pecs)

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

- 1) Lying on the foam roller with your back and head supported start with your arms at your side and palms faced up.
- 2) Raise arms over head being sure to keep the back of your hand on the ground.



Step 1



Step 2

10. Standing airplanes

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

-Standing facing a wall with feet up against wall, place hands and forearms on the wall at 90 degrees. Keeping hips square rotate to the Right looking at the Right wrist. Repeat to the Left.



Step 1



Step 2

11. Tricep

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

- 1) Stand up straight and tall, place one hand behind your head and reach with fingertips for lower back
- 2) Taking other hand place onto elbow of opposite arm and gently push downwards.



Step 1



Step 2

12. Tricep & Lats

- **Sets:** 3-5
- **Frequency:** Every 3 hours
- **Hold:** 30 sec.

- 1) Take towel in hand and raise elbow above head letting the towel drop down your back.
- 2) Reach behind back with free hand and grasp towel.
- 3) Gently pull arm up back.
*Keep good posture!



Step 1



Step 2