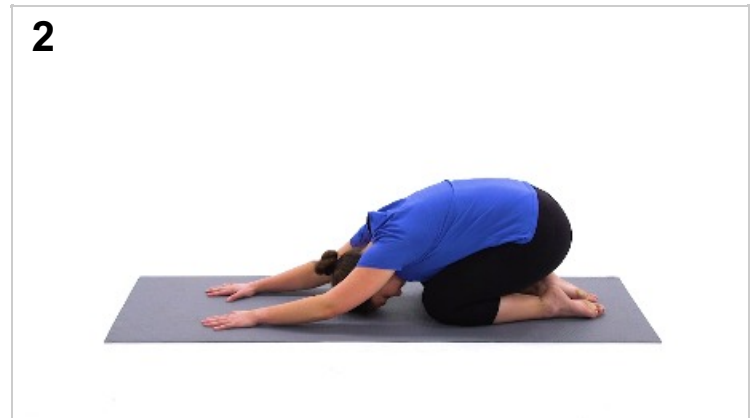
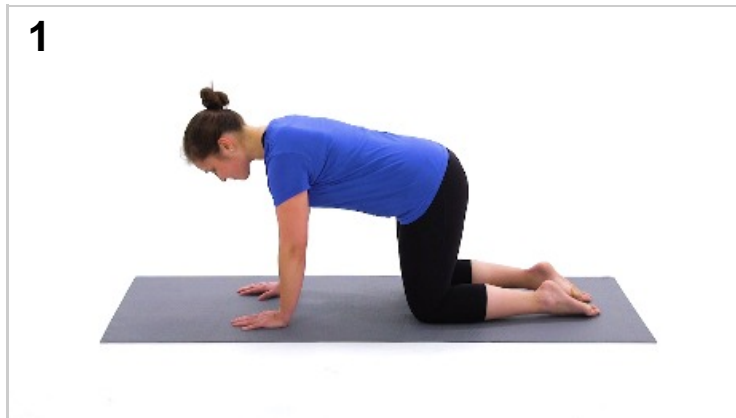




## Child's Pose Stretch

<b>REPS: 1</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



### Setup

Begin on all fours.

### Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

### Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

# Posterior Chain Stretch

<b>REPS: 3</b>	<b>SETS: 1</b>	<b>HOLD: 20</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting with your knees at 90 degree angles, one leg in front of you, and one out to your side.

## Movement

Rotate your trunk toward the side of your forward leg and place both hands in front of you on the ground.

## Tip

Make sure your trunk is rotated as far as you can so that you are feeling a stretch. Continue to breathe evenly.

# Half Kneeling Hip Flexor Stretch with Chair

<b>REPS: 3</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

## Movement

Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

## Tip

Make sure to stay upright and keep your buttocks tight.

# Scorpion

<b>REPS: 3</b>	<b>SETS: 1</b>	<b>HOLD: 20-30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin lying on your front with your arms out to your sides and your legs straight.

## Movement

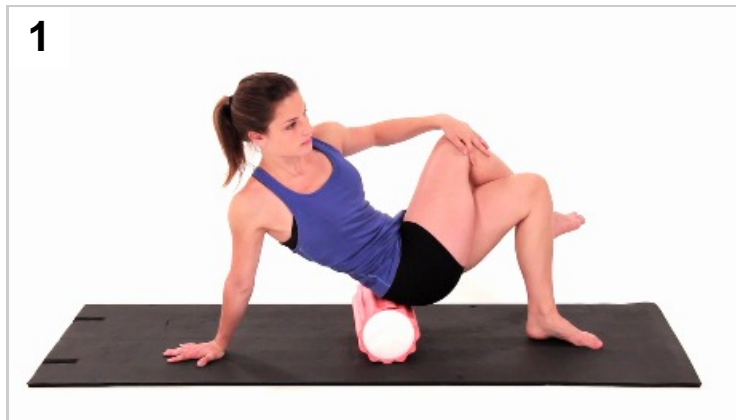
Bend your knee and slowly lift your right foot up and across toward your left arm. Hold briefly, then return to the starting position and repeat with the other leg.

## Tip

Make sure your chest stays flat on the floor and only move in a comfortable range.

# Piriformis Mobilization on Foam Roll

<b>REPS: 3</b>	<b>SETS: 1</b>	<b>HOLD: 20-30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting on a wrapped foam roll with one leg crossed over the other, pulling it toward you with one hand, and your other hand on the ground.

## Movement

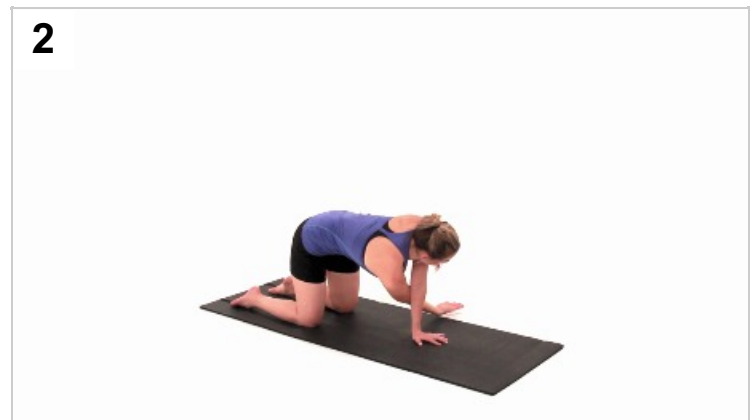
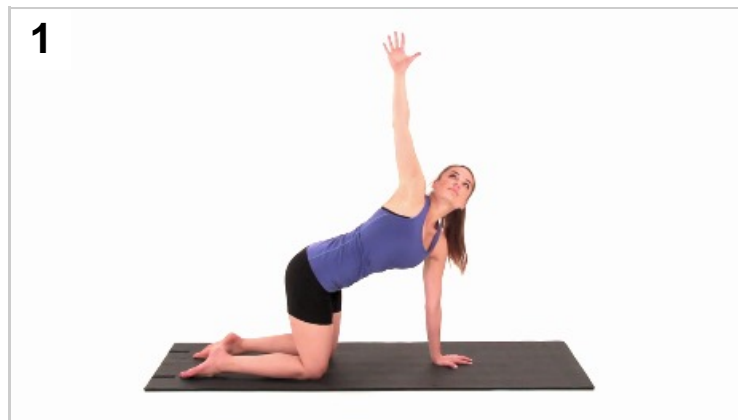
Tilt toward the side of your crossed leg and gently roll your bottom back and forth over the roll.

## Tip

You can adjust the pressure by changing how much of your body weight is resting on the roll.

# Quadruped Full Range Thoracic Rotation with Reach

<b>REPS: 3</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin on all fours.

## Movement

Lift one arm out to your side, then to the ceiling, rotating your trunk at the same time. Next, reach that arm all the way under your body, through your opposite arm and leg, rotating your trunk in the opposite direction. Repeat these movements.

## Tip

Make sure to keep your movements smooth and controlled. Follow your arm with your head as you move.