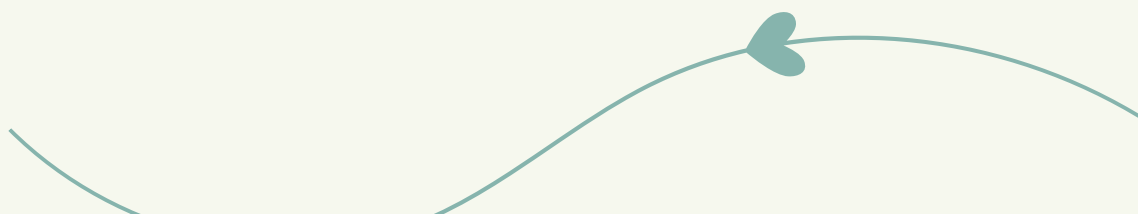




HIP AND KNEE

For pain relief, maintain regular range of motion and function of how we move.





INTRO

These muscles are critical for locomotion throughout our lifespan and are incredibly important in the functional movement, such as a squat, or with movement like running. While needs may vary depending on age, activity level, or performance, good flexibility in the joints will allow for proper mechanics and movement patterns and reducing the stress that is placed on the joints.

As you explore your mobility and work to improve your flexibility and general physical well-being, remember to modify as needed and listen to your body.

*modification options can be less dynamic reps, shorter holds, etc.

STATIC STRETCHES

Hold each stretch for 15-30 seconds.

STATIC HAMSTRING



CROSS-BODY GLUTE



STANDING HIP FLEXOR



PANCAKE STRETCH



SEATED BUTTERFLY



STANDING QUAD

