



SUPINE HEEL SLIDES - STRETCH

While lying on your back place a belt, towel, strap or bed sheet around your foot and start by pulling with your arms to bend your knee into a bent position until a gentle stretch is felt and hold this position.



Then allow your knee to straighten back out to starting position and repeat.

Video # XVP3RXT8K

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



ANKLE DORSIFLEXION STRETCH - STRAP

Long sit and prop your ankle on a towel roll. Wrap strap around top of foot. Keep ankle relaxed and pull the strap towards your body. Then release the strap and rest.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



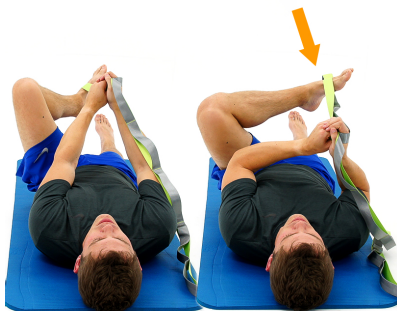
HAMSTRING STRETCH WITH MULTI-LOOP STRAP

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up for a stretch to the back of your leg.

Keep your target leg straight to slightly bent the entire time.

Video # XVMF8DNP9

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



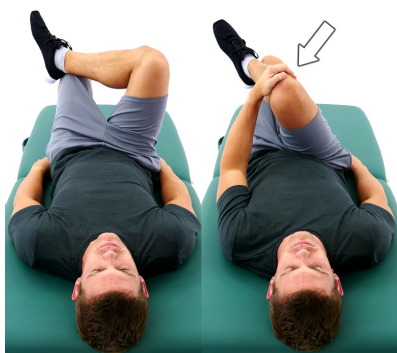
PIRIFORMIS STRETCH WITH MULTI-LOOP STRAP

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up for a stretch to the deep buttocks. Your knee and hip should be bent with external rotation of your hip as shown.

Keep your target leg straight to slightly bent the entire time.

Video # XV49AVAME

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Video # XVFSLEDWN

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day