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1. Hamstring stretch, lifting straight leg with strap, supine

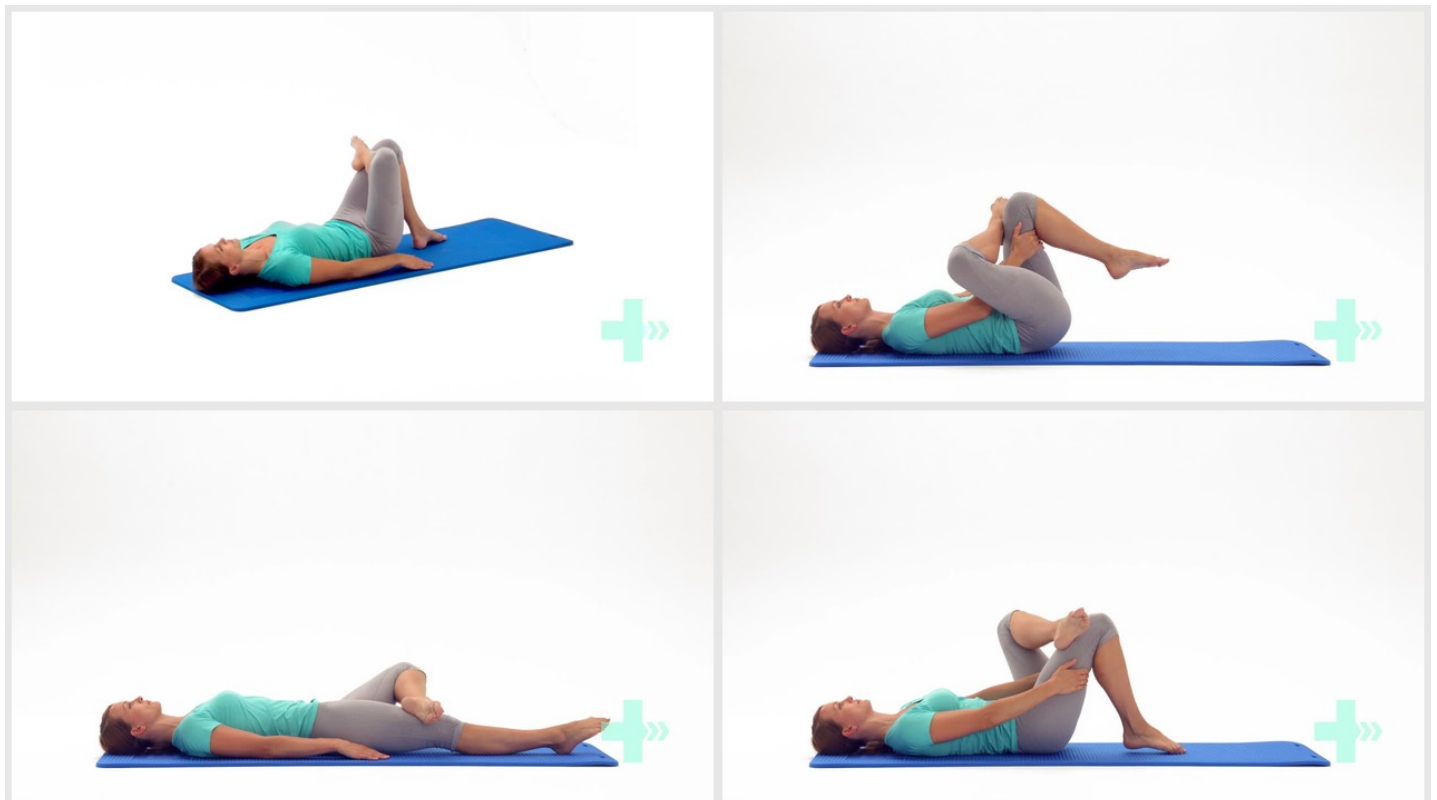
1 Set / 1 Rep / 20 s hold



Lie on your back with a strap around the foot of your affected leg.
Pull the knee in towards your chest, then straighten the leg up towards the ceiling until you feel a stretch in the back of the thigh.
Hold this position.

2. "Figure 4" Piriformis/gluteals stretch, supine; 03

1 Set / 1 Rep / 20 s hold



Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.

Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

Hold this position.

3. Iliopsoas stretch, half kneeling

1 Set / 1 Rep / 20 s hold



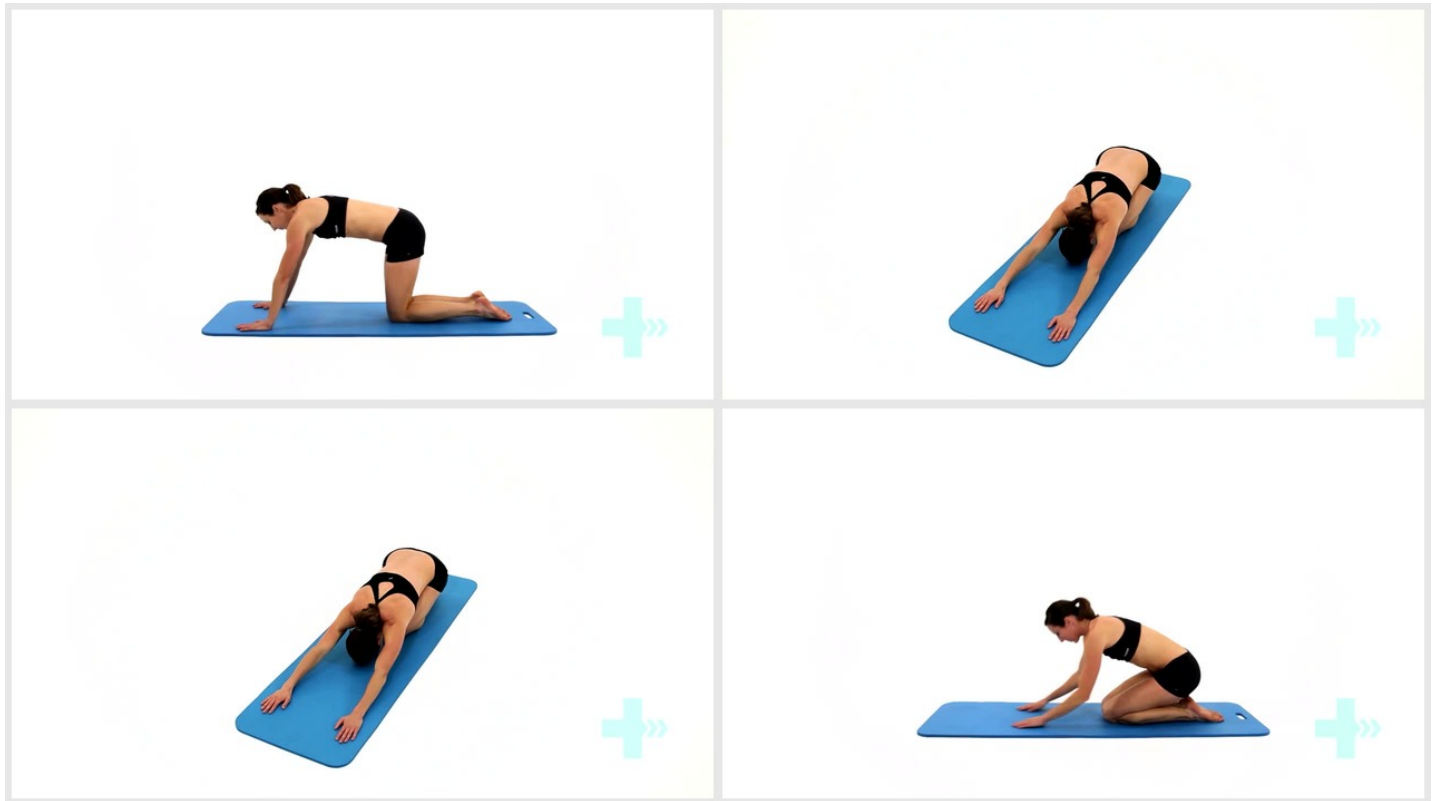
Kneel on the floor and place the unaffected foot in a large stride in front of you.

Push the hips forwards evenly and keep your body straight until you feel the stretch in the front of the hip on your back leg.

Hold this position.

4. "Child's pose" Shoulder/trunk extensors stretch, quadruped; 01

1 Set / 1 Rep / 20 s hold



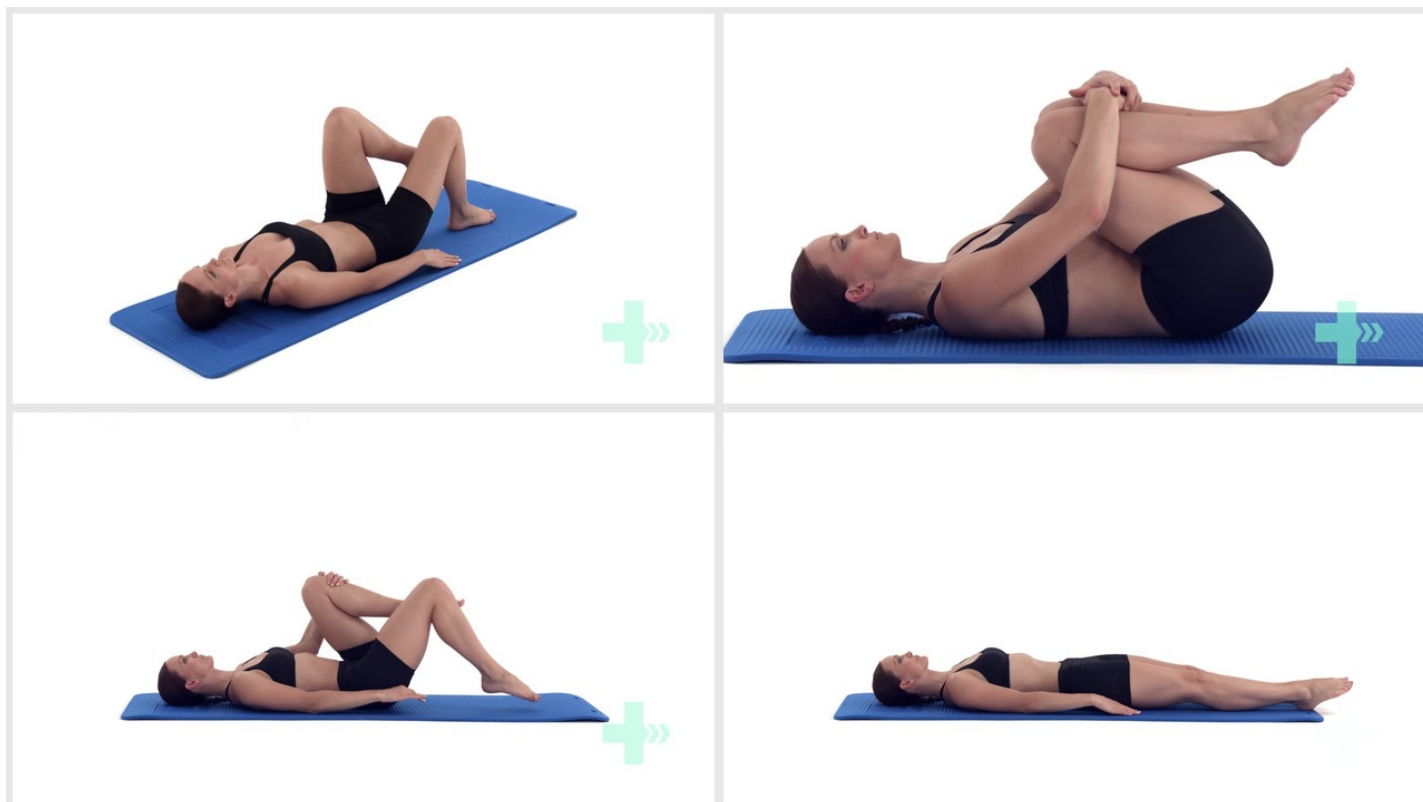
Get onto your hands and knees, and drop your buttocks back onto your heels.

Stretch your hands forwards, dropping your head between your shoulders towards the floor.

You will feel this stretch through your back and upper arms.

5. "Knee hugs" Hip/lumbar extensors stretch (bilateral), supine; 02

1 Set / 1 Rep / 20 s hold



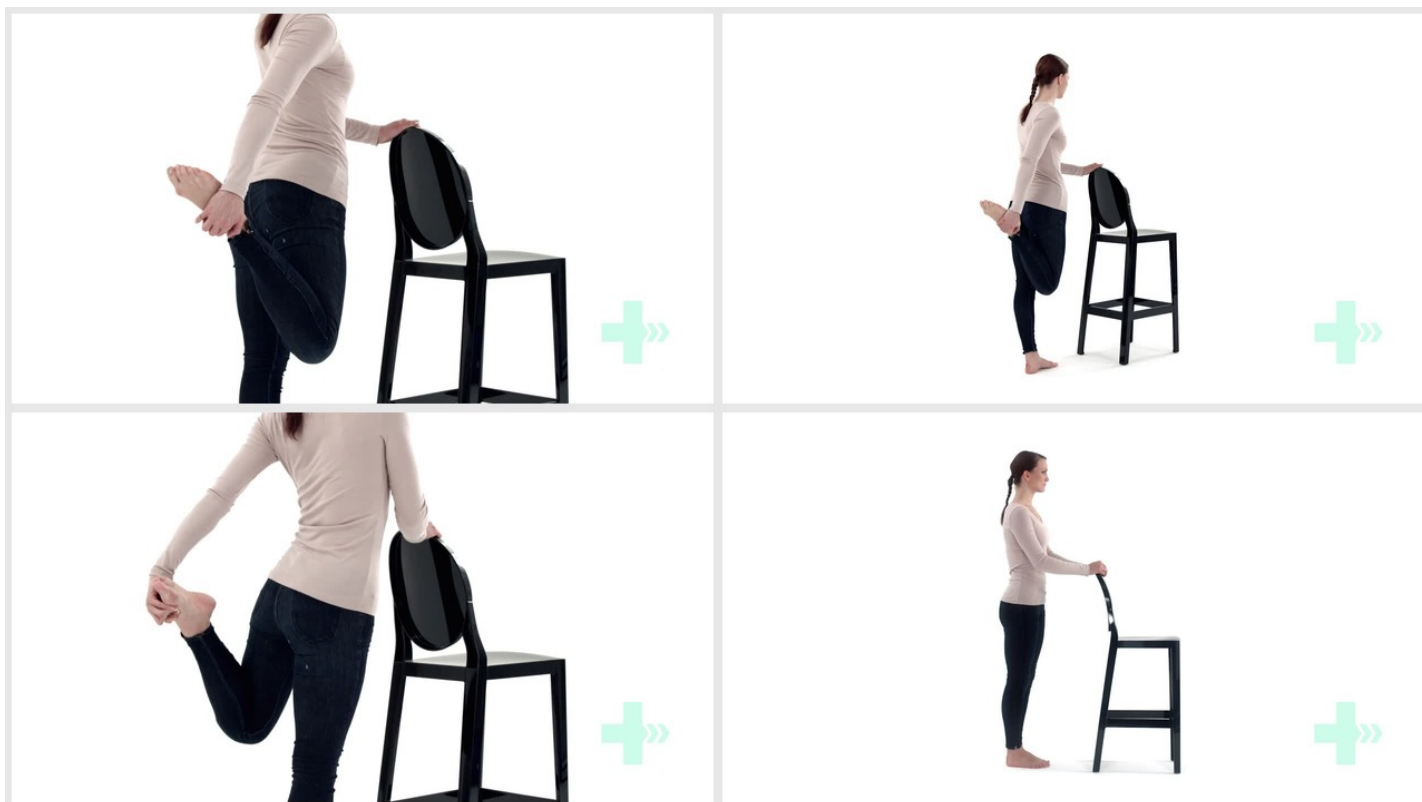
Lie on your back.

Draw one foot up and then the other.

Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.

6. Quadriceps stretch, standing behind chair

1 Set / 1 Rep / 20 s hold



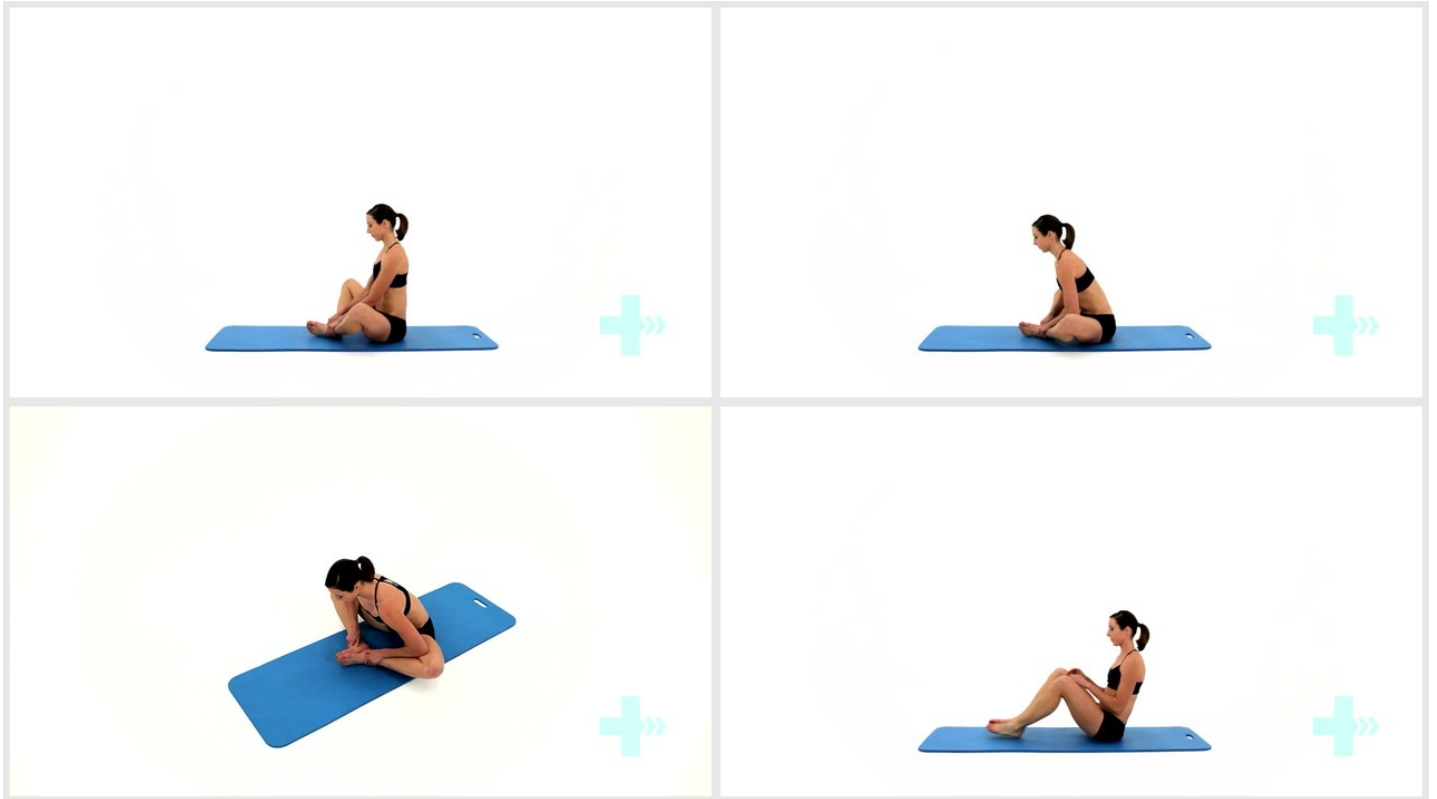
Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

7. "Butterfly" Hip adductors stretch (bilateral), sitting

1 Set / 1 Rep / 20 s hold



Sit down on the mat with the soles of your feet together, and drop your knees out to the side.

Press your knees towards the floor with your elbows, increasing the stretch in your inner thigh.

8. Piriformis/gluteals stretch, cross body, with trunk twist, sitting

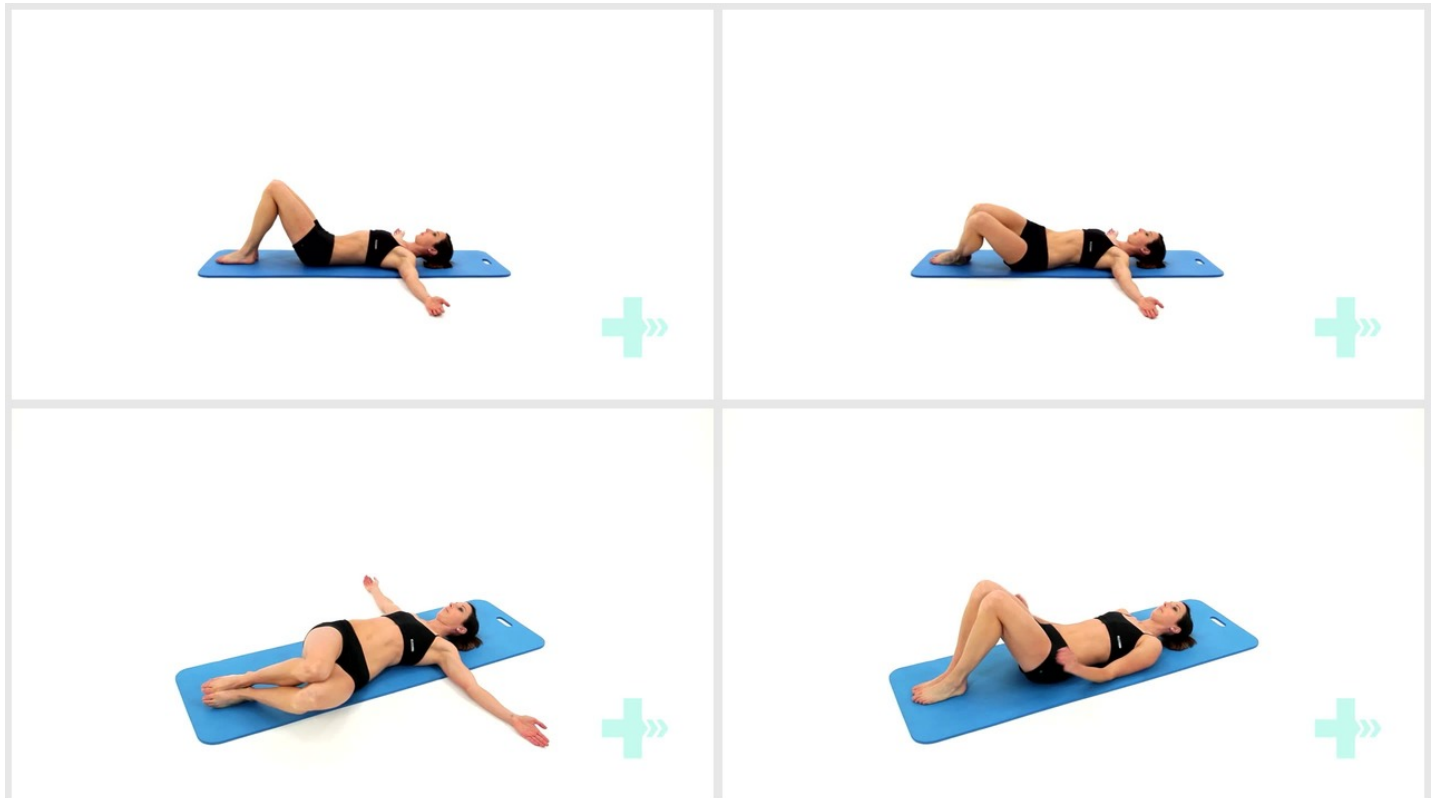
1 Set / 1 Rep / 20 s hold



Sit upright on the floor with your legs straight out in front of you.
Bend the leg to be stretched and cross the foot over your straight leg.
Place this foot on the floor on the outside of the straight knee.
Twist upper body towards the leg you are stretching.
Use the opposite elbow to gently push against the outside of the bent knee.

9. Lower trunk rotation AROM, to comfort, supine feet standing; 01

1 Set / 10 Reps / 1 s hold



Lie on your back with your knees bent and your feet flat on the floor.

Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.