

**SINGLE KNEE TO CHEST STRETCH - SKTC**

While lying on your back, use your hands and gently draw up a knee towards your chest.

Keep your other knee straight and lying on the ground.



Repeat 3 Times

Hold 30 Seconds

**STANDING ILIOTIBIAL BAND STRETCH SUPPORTED - ITB**

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support. Video # VV33G8KC7

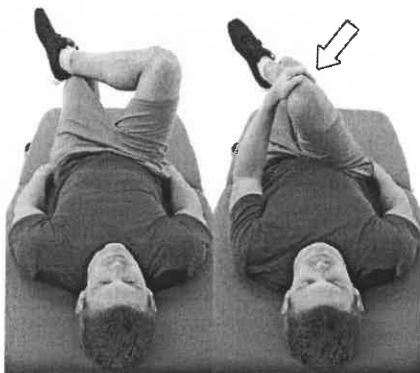


Repeat 3 Times

Hold 30 Seconds

**PIRIFORMIS STRETCH MODIFIED**

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 # VV837GM42



Repeat 2 Times

Hold 30 Seconds



### HAMSTRING STRETCH - SUPINE

While lying on your back, raise up your leg and hold the back of your knee. Pull the leg upwards until a stretch is felt. Hold, relax and repeat. Video # VVXN8X37F

Repeat 2 Times

Hold 30 Seconds



### BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR

Repeat 10 Times

Complete 2 Sets



### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ

Repeat 10 Times

Complete 2 Sets

