

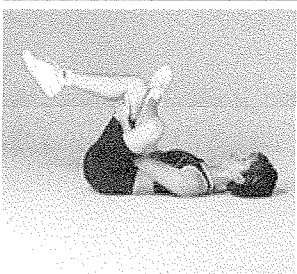
Notes:

TFL / Gluts Supine Trunk Rot.

Lying on back, with knees bent, arms out to sides.
Snugly cross one knee over the other.
Use the top leg to bring bottom knee down towards the floor.
Let pelvis rotate in order to feel a stretch across the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Notes:

Fig.4 Knee to Chest - Supine

Lying on back, knees bent with feet flat on the floor.
Cross one ankle onto opposite knee.
Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



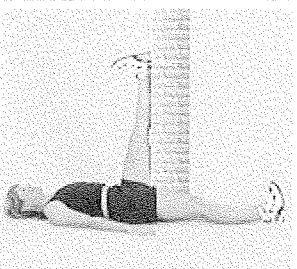
Notes:

Piriformis / Gluts - 'Runners Stretch'

From a 'hands and knees' position, stretch one leg straight back and sit down.
Lean chest down onto front knee to feel a stretch in the buttock.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Notes:

Hamstring Up Wall 90°

Lie on back within a doorway. Raise one leg up along wall as far as able. Slowly scoot bum closer and closer to wall, using wall to support leg, to feel a stretch in the back of the leg. Hold.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31