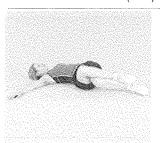


## Maryland Chiropractic & Rehabilitation

8505 Fenton Street Suite 204 Silver Spring, MD 20850

(301) 587-7555 (301) 587-7744 Client: Marathon Charity Partners. ID: THR:

Date: Friday, June 27, 2008



Notes:

# TFL / Gluts Supine Trunk Rot.

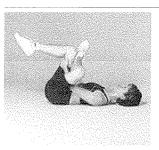
Lying on back, with knees bent, arms out to sides. Snugly cross one knee over the other.

Use the top leg to bring bottom knee down towards the

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



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

29 30 31

·						
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

	Sets:	
	Reps:	2x
9	Weight:	
	Hold:	15 sec
	Rest:	
	2	x/dav

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°

buttock.

Lie on back within a doorway. Raise one leg up along wall as far as able. Slowly scoot burn 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			

8 9 10 11 12 13 1	′	
0 9 10 11 12 13 1		

15 16 17 18 19 20 21 22 23 24 25 26 27 28

29 30 31