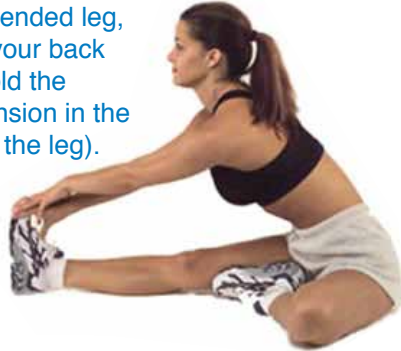


:: strengthening exercises

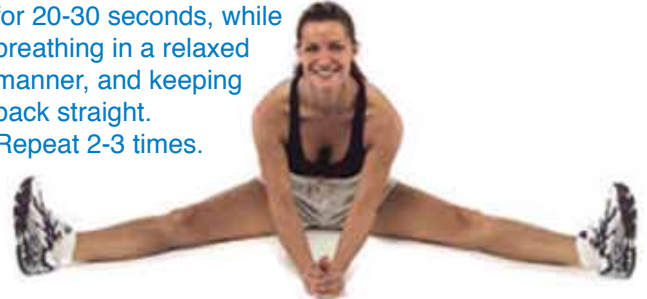
1 Hamstrings (Sit and Reach)

Sit on floor, bending one leg to place the sole of the foot by the inner thigh of the extended leg. Elongate torso and reach out to the extended leg, keeping that knee and your back comfortably straight. Hold the stretch when you feel tension in the hamstrings (the back of the leg). Hold stretch for 20-30 seconds and repeat 2-3 times on each leg. Don't bounce or push into pain.



5 Groin (Butterfly Stretch)

Sit on the floor with the soles of your feet together. Gently pull feet in toward groin, and press your knees down toward the floor until you feel a comfortable stretch in the groin, or inner thigh area. Hold stretch for 20-30 seconds, while breathing in a relaxed manner, and keeping back straight. Repeat 2-3 times.

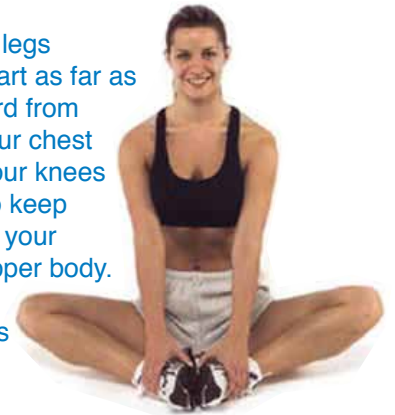


2 Hamstrings (Wall Stretch)

Lying on the floor extend one leg on wall. The other leg should extend through doorway, so you can scoot your buttocks toward the wall until you feel a stretch in the hamstrings. Hold 30-60 seconds for 2-3 reps. Scoot further toward the wall as your hamstring loosens up, but never push into pain.

6 Groin (V Stretch)

Sit on the floor with your legs extended and spread apart as far as comfortable. Lean forward from the hips as if to reach your chest toward the floor. Keep your knees straight and be careful to keep your back straight, using your hands to support your upper body. Hold a comfortable stretch for 20-30 seconds and repeat 2-3 times.



3 Quadriceps (Sidelying Stretch)

While lying on your side, bend top leg and pull foot toward buttock as shown in the illustration. Use your hand to keep flexing the knee until you feel a stretch in the front of the thigh/quadriceps muscles. Make sure your knee and hip are in line with each other, if the knee is out to the side or in front of the hip, the stretch will not be effective. Keep stomach muscles engaged to help prevent arching your back. You can modify how close you bring your foot toward your buttock to increase or decrease the stretch. Hold stretch for 20-30 seconds and repeat 2-3 times on each leg.

7 Hip Flexor Stretch

Begin by kneeling on the floor, then placing both hands by the front knee, lunge forward until you feel a comfortable stretch in the front of the hip. Tighten your abdominals while you stretch this area, to avoid arching or straining your back. Hold 20-30 seconds, and repeat 2-3 times each leg.



4 Quadriceps (Standing Quad Stretch)

While standing near a wall or chair, bend one knee as far as possible, reach back, and grasp the ankle. Pull the ankle towards the buttocks until you feel a comfortable stretch in the front of the thigh. Keep knee in line with hip, and be careful to avoid arching the back. Hold for 20-30 seconds and repeat 2-3 times on each leg.

8 Iliotibial (IT) Band Stretch

Stand with the right side of your body next to a wall. Cross your LEFT leg over the RIGHT. Lean towards the wall with your body as you push your right hip toward the wall. You should feel the stretch in the outside of your right thigh. Use your right forearm or hand, and your left foot to take your body weight. Repeat 2-3 reps each side, 20-30 seconds for each rep. (It is not always necessary to touch wall as model is doing.)

