



**TFL - Standing**

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support). Cross foot furthest from wall over in front of opposite foot. Bend the knee of the leg that is in front, and keep the back leg straight. Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 20 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



**Quads Standing**

Standing tall, raise one heel toward buttocks (grasp above ankle joint). Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh. Can support body with hands on a chair, to avoid bending forward.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 20 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



**Active Hip Flexors / Lunges**

Standing with feet shoulder width apart, take a long step forward and lower down into a lunge position. Keep upper body tall to feel a stretch in the hip flexors. Return to starting position and repeat.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 20 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



**Active Calf - Stair**

Standing with heel off edge of a stair. Raise up onto the toe to tighten the calf muscle, then relax down and drop the heel past the stair level to stretch the calf.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 20 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



**Tibialis Anterior**

Standing, place top of foot on floor behind you. Bend knees slightly. Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 20 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



**Knee Across Chest - Seated**

Sitting tall on floor, legs out in front. Bend one knee and cross foot over opposite leg. Gently bring that knee across and towards the chest to feel a stretch in the hip and 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



**Short Adductors Seated**

Sitting on floor with soles of feet together.  
Rock pelvis forward so as to be sitting on your 'sit bones'.  
Keep upper body tall, gently allow knees to drop towards the floor to feel a stretch in the inner thigh.

|         |        |
|---------|--------|
| 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



**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