

Hamstring Stretch



Begin by lying flat on your back with one knee bent. Wrap a strap, towel or dog leash around the foot of the straight leg. Pull your toes towards your face, and then use your arms to lift the leg, stopping when you begin to feel the back of your leg stretch. **BE SURE TO KEEP YOUR KNEE STRAIGHT THROUGH THE DURATION OF THE STRETCH!** Perform twice on each leg for 30 seconds holds.

Standing IT Band Stretch



Stand next to a stable surface to help with balance, if necessary. Cross one leg over the other. Keeping your back leg straight and then reach towards the inside of the rear foot. You should feel a stretch in the hip and outer portion of the leg. Perform twice on each leg for 30 seconds holds.

Thoracic Rotation



Begin lying on your side with your hips stacked; you can drape your top leg in front of the bottom leg to help stabilize yourself if needed. Keeping your abs tight and hips stacked, reach behind yourself, bringing the top arm across your body in an arcing motion. As you bring your arm across, follow your hand with your eyes, being sure to turn your head as you rotate. You should feel the stretch through your thoracic spine and along the inside border of your scapula. Perform 10-15 repetitions, as tolerated, pausing for 5 seconds as shown in the second picture.