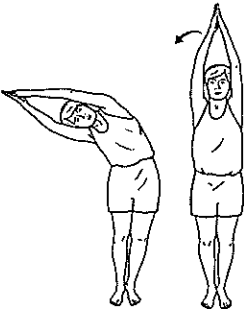


HIP OBLIQUE

From starting position, reach tall and bend the body to the side as far as possible until stretch is felt. Hold 20 seconds. Repeat to other side.



Repeat 3 times.
Do 2 sessions per day.

ILIOTIBIAL BAND

Cross one leg over right leg about a foot apart. Bend the knee slightly. Lean to opposite side until stretch is felt over outside of hip. Hold 20 seconds. Repeat to other side.



Repeat 3 times.
Do 2 sessions per day.

PIRIFORMIS STRETCH

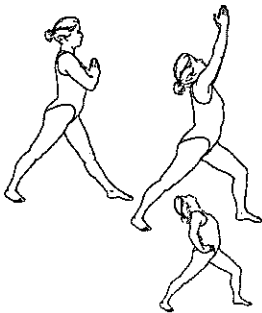
From standing, lift right leg and cross it wide over left thigh. Bend standing leg, sitting back with hips. Reach arms down sides.



Hold for 20 seconds and repeat 3 times. Repeat on the opposite side.

HIP FLEXOR STRETCH

In wide stride, rotate back leg out 20°, grounding foot, hands in prayer position in front of chest. Bend front leg 90°. Reaching over head, look up.

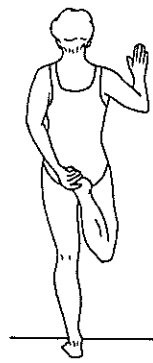


Hold for 20 seconds. Repeat, other leg forward.

BEGINNER: Support body with hands on hips.

QUADRICEPS

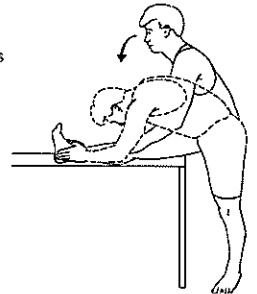
With one hand grasping the opposite ankle leg, gently pull heel toward buttocks until stretch is felt. Squeeze buttocks. Hold 20 seconds. Repeat with other heel.



Repeat 3 times.
Do 2 sessions per day.

HAMSTRINGS

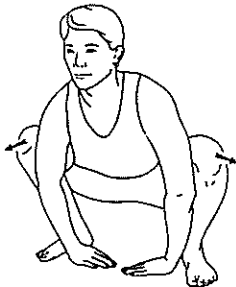
With foot on chair with toes back, lean forward until stretch is felt reaching with the opposite hand. Hold 20 seconds. For more stretch, place foot on higher plane.



Repeat 3 times.
Do 2 sessions per day.

GROIN

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold 20 seconds.



Repeat 3 times.
Do 2 sessions per day.

HIP FLEXOR

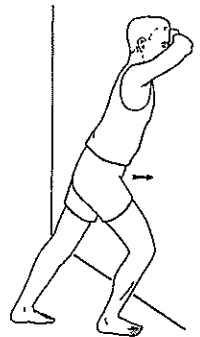


Kneeling on ONE knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip tighten buttocks. Hold 20 seconds.

Repeat 3 times per set. Do 2 sessions per day.

GASTROCNEMIUS STRETCH

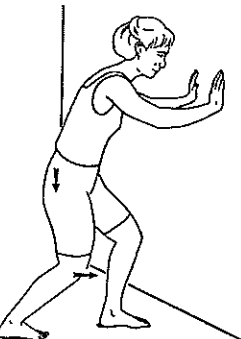
With back leg straight, move hips forward until stretch is felt. Hold 20 seconds. Repeat with other leg.



Repeat 3 times.
Do 2 sessions per day.

ACHILLES/SOLEUS STRETCH

With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold 20 seconds. Repeat with other leg.



Repeat 3 times.
Do 2 sessions per day.

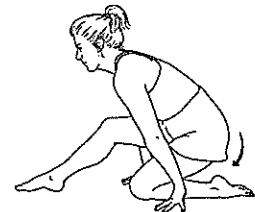
PLANTAR FASCIA

From position shown, gently push feet back until stretch is felt. Hold 20 seconds. For greater stretch, sit on legs and gently lean back.



Repeat 3 times.
Do 2 sessions per day.

ANTERIOR TIB/SHIN



Start in a kneeling position, pointing your toes on your front foot downward while leaning towards your back foot. Hold 20 seconds.

Repeat 3 times per set.
Do 2 sessions per day.

USA Fit Stretching For Marathoners, Half-Marathoners, Runner's, Walkers, etc.

- Sequence: warm up, stretch, run/walk, stretch as needed, bigger stretch when finished.
- Dynamic stretching is for the strong, advanced athlete.
- No bouncing for dynamic or static stretching.
- Hold for 20-30 seconds. Repeat 2-3 times.
- Stretch in a pattern: top to bottom or bottom to top.
- Stretching prevents injuries.
- Stretching lengthens sarcomeres, which prevents cross-linking and therefore making muscles more efficient.
- Improves stride length, which means you take less steps.
- You look cool while you are doing it!



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