

### Hip External Rotation Stretch

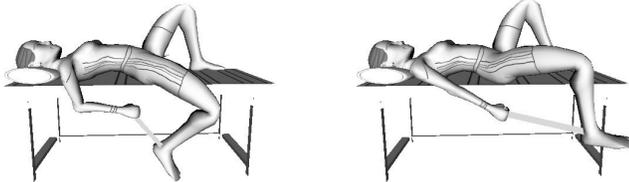
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- Sitting on a chair with your foot on the opposite knee.
- Gently push your knee towards the floor.
  
- Do not bounce.
- Do not stretch to the point of pain.

### Hip Flexor/Quad Stretch

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- Loop a towel around your ankle.
- Drop your leg over the side of the table and pull on the towel to feel a stretch on the front of your hip and thigh.
- Lying on your back on a bed/table.
  
- Do not bounce.
- Do not allow low back to extend off the table/bed.

### Hip Flexor Stretch - Thomas Stretch

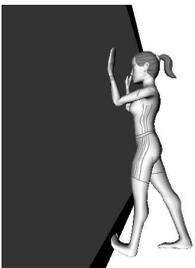
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- Lie on the edge of a table/bed.
- Hug one knee up to your chest.
- Let the opposite leg hang down and bend at the knee.
- Feel a stretch along the front of your hip.
  
- Do not bounce.
- Do not allow your low back to extend off the table/bed.

### Gastrocnemius Stretch On Wall

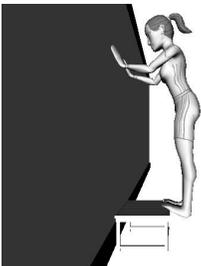
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- Stand in front of a wall and prop toes against the wall, keeping heel on the floor.
- Feel a stretch in your calf.
- Lean forward gently.
  
- Do not bounce into the stretch.

### Gastrocnemius Stretch Off Step

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- Point toes forward.
- Let both heels drop down.
- Feel a stretch in your calf.
- Stand on the edge of a stool or step.
  
- Do not bounce into the stretch.

## Thoracic Extension over Chair

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- Sit with good posture.
- Interlock fingers behind your head or rest your arms on a pillow in your lap.
- Lean backwards over top of chair.
  
- Do not overextend or extend to the point of pain.