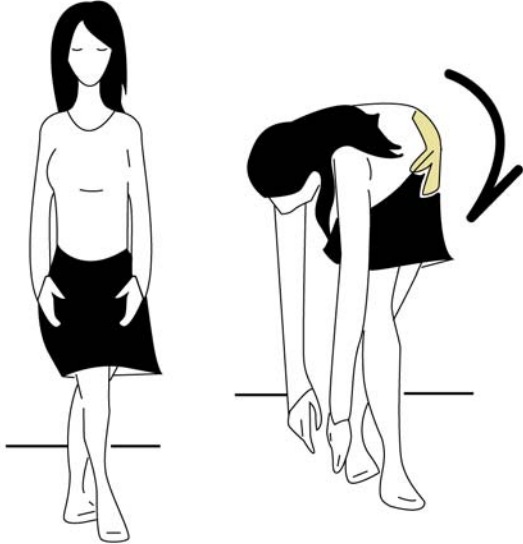
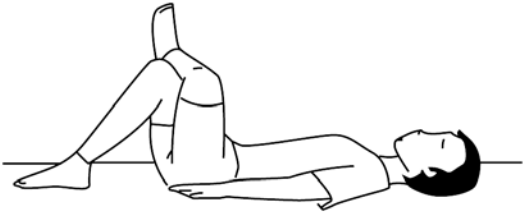



Home Stretches

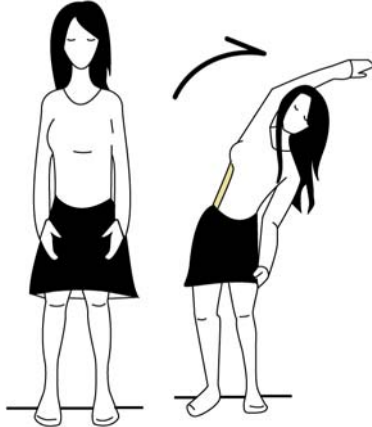
Lower Back

<p style="text-align: center;">Iliotibial Band</p> 	<ul style="list-style-type: none"> • Cross one leg behind the other. • Bend both knees slightly so that your knees are not locked. • Bend over and reach towards the toes of the leg which is crossed behind. • The stretch should be felt on the outside of the leg which is crossed behind.
<p style="text-align: center;">Piriformis</p> 	<ul style="list-style-type: none"> • Lying on your back with one knee bent to 90 degrees. • Place the ankle of the other leg on the knee of the bent leg. • Grasp around the thigh of the foot on the ground and gently pull your leg towards your chest. • A stretch should be felt in the gluteus area.
	

Home Stretches

Lower Back

Quadratus Lumborum




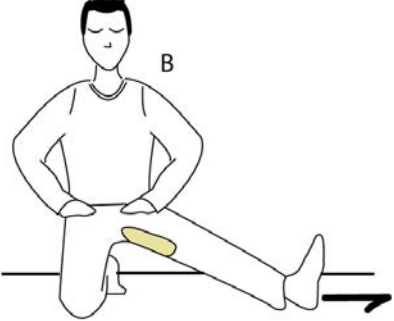
For the Right Side:

- Stand with your feet shoulder width apart.
- Let your right knee bend to allow the right hip to drop slightly.
- Reach up over your head with your right arm and bend at the waist to the left.
- A stretch should be felt on your right side.

Gluteus



- Sitting with your legs out in front of you.
- Bend one knee and cross it over the other leg.
- Place your hands on/around the bent knee and pull it gently across your body.
- A stretch should be felt in the gluteus area.

<p>Adductors</p> 	<p>A: Sitting Down</p> <ul style="list-style-type: none">• Place the bottoms of your feet together and allow your knees to drop out to the sides.• Gently press on your knees towards the floor to feel a stretch on the inside of your thighs. <p>B: Kneeling</p> <ul style="list-style-type: none">• Kneeling on one knee with the other leg straight out to the side.• Point the toes of your straight leg up towards the ceiling.• Slide the straight leg slowly away from you until you feel the stretch on the inside of your thigh.
	<p>For the Right Side:</p> <ul style="list-style-type: none">• Kneel down on your right knee.• Place your left leg in front of you at an angle greater than 90 degrees.• Push your hips forward until you feel a stretch in the front of the right hip (the side which you are kneeling on).
<p>Hip Flexor</p> 