

Static Stretching Routine

Neck Rotation

1. Relax
2. Slowly roll your head around in a full circle, keeping your back straight
3. You may feel the need to hold the stretch at a particular position if it feels tight, but do not strain
4. Continue for approximately 10 seconds

Shoulder Rotation

1. Slowly rotate one shoulder at a time
2. Rotate in forward and backward directions in a large circular motion
3. Continue for approximately 10 seconds in each direction

Trunk Rotation

1. Place hands on hips
2. Rotate trunk, bending forward, to right, backward and to left
3. Continue for approximately 10 seconds

Rock Squat

1. From a standing position, slowly lower hips to squatting position
2. Rock back and forth several times, attempting to squat progressively lower
3. Turn and face to the right, straightening right leg and stretch right hamstring
4. Hold stretch for 10 seconds
5. Repeat for left leg

Hamstrings Stretch

1. From lunge position, place knee on ground, lean forward on top of thigh
2. Slide back leg as far back as possible
3. Keeping chest on thigh, move hips back, straightening out forward leg
4. Relax and hold for 10 seconds
5. Slowly return to standing position
6. Repeat for opposite leg

Arms Back (Chest/Shoulder Stretch)

1. From a seated position, place hands on ground with arms behind torso
2. Slowly move hips forward until stretch is felt in chest and shoulders
3. Hold stretch for 10 seconds

Knee Over (Glute/Back Stretch)

1. Lay back with knees bent
2. Pull right leg across your body
4. Keep upper back, head and shoulders flat on the floor
4. Hold for 10 seconds
5. Repeat for other side

Static Stretching Routine

Modified Hurdle

1. Sit with right leg straight, keeping foot upright
2. Tuck left foot into the inside of the right thigh
3. Slowly bend forward from the hips toward the right foot, keeping your back straight
4. Bring your chest to your right thigh
5. Relax and hold for 10 seconds
6. Repeat for opposite leg

Figure 4 (Piriformis Stretch)

1. Place left foot over right knee and lie back
2. Grasp right shin and slowly bring right knee to chest
3. Relax and hold for 10 seconds
4. Repeat for opposite leg

Butterfly

1. Sit with soles of your feet together, holding onto your toes
2. Use your elbows to gently push to the inside of your thighs until you get a good, even stretch
3. Relax and hold for 10 seconds
4. Repeat

Lunge (Hip Flexor Stretch)

1. Move right leg forward until right knee is directly over the right ankle
2. Keeping back leg straight, gently lower your hips to create an easy stretch in the front of the hip
3. Hold for 10 seconds
4. Repeat for other leg

Quadriceps Stretch

1. Maintain position with one knee on ground
2. Grasp shin with and pull lower leg toward hamstrings
3. Slowly lean back toward ground, keeping your back straight
4. Relax and hold for 10 seconds
5. Repeat for opposite leg

Calf Stretch

1. With hands on ground, move feet back until left knee is nearly straight and cross right leg behind left leg
2. Press left heel toward ground to create an easy stretch in the calf
3. Hold stretch for 10 seconds
4. Repeat for other leg