

Date : Monday, June 04, 2012



Piriformis / Gluts - 'Runners Stretch'

From a 'hands and knees' position, cross one knee over to the other side behind the other leg. Go down onto elbows and feel a stretch in buttocks.

Exercises should be done on both sides, with the emphasis on the painful side.

Notes:

*Caution should be used if you have had prior knee surgery.

* Not intended for patients having had hip or knee replacements

Sets:	1
Reps:	2
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart.

Lunge position should be long enough so that the front knee should not bend past 90°.

Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Notes:

Exercises should be done on both sides with the emphasis on the painful side.

Sets:	1
Reps:	2
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



'Prayer' Stretch

Kneeling on floor, reach both arms straight out in front along floor.

Sit lower body down and back onto heels.

Notes:

Sets:	1
Reps:	2
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Hamstrings Supine - Belt

Lying on back, bring one knee to chest and place a belt or scarf around foot. Straighten leg up toward ceiling using the scarf to increase the stretch and keep foot pulled back. Hold, breath, feeling a release in the back of the leg. Return to start position and repeat with opposite leg.

Notes:

Sets:	1
Reps:	3
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31