Hamstring Stretch

• Lie on your back and place a belt or a towel around your foot.
• Your opposite leg should remain flat on floor at all times.
• Keeping your knee straight, slowly raise your leg off the ground, until a strong but comfortable stretch is felt in the back of the thigh.
• Do not arch your back as you hold this position
• Hold for ___ seconds.
• Repeat ___ times. Do ___ sets at least ___ x a _____
Hip Flexor Stretch

• Lie on your back at the edge of a bed or table, with your knee flexed into your chest.
• Your opposite leg should be off the table and relaxed.
• You should feel a strong but comfortable stretch in the front of the leg hanging off the table.
• Hold for 60 seconds. Repeat 3 times.
• Lie on your back with your leg straight.
• Bring the leg up and across your body.
• Hold this position once you feel a strong but comfortable stretch in your buttock region.
• Hold for ___ seconds. Repeat ___ times.
ITB Stretch

- Lie on your back and cross your ___ leg over your ___.
- Secure a towel or a belt around your ____ ankle
- Gently pull your ankle across midline until a strong but comfortable stretch is felt in the ____ hip/thigh.
- Hold for ______
- Repeat ___ times. Do __ sets at least __x a ___.

NISMAT
Piriformis Stretch

- Lying on your back pull with your right knee flexed.
- Bring your right knee up and across your body as if you were trying to bring it towards your left shoulder.
- Once you feel a strong but comfortable stretch, hold for ____ seconds.
- Repeat ___ times. Do __ sets at least __x a ____.
Neural Flossing

• Lie on your back with a chair underneath your legs with your hips and knees flexed to a 90-degree angle.
• Extend your knee towards the ceiling with your toes pointed down toward the ground.
• Then as you flex your knee back down to the chair, point your toes up towards your nose.
• Hold for ______
• Repeat ___ times. Do __ sets at least __x a ___
Prayer Stretch

• With your buttock region touching the heels of your feet slowly lean forward.
• Reach out with both hands, while keeping your butt anchored to your heels until a strong but comfortable stretch in back and buttock region is felt
• Hold for ____
• Repeat ___ times. Do __ sets at least __x a ___.

NISMAT
Single Leg Balance

- Stand with feet shoulder width apart.
- Raise one foot off the floor and balance on the other foot.
- Balance for ____ seconds
- Complete _____ sets
- Repeat ______ times a _____
Bridges

• Lie on your back with your feet shoulder width apart.

• Squeeze your butt together and lift your butt up and off the table.

• Keep your pelvis level as you rise up and off the table.

• Return to the starting position in a slow and controlled fashion.

• Repeat ____ times
• Do ____ sets
• _____ times a _______
Clamshells

• Lie on your side with both of your knees bent to 45 degrees and your pelvis aligned.

• Slowly bring your knees apart, until your knee is slightly above your hip.

• Hold for ___ seconds.
• Slowly bring your legs back together.

• Repeat ______times
• Do ___ sets
• ________times a ____
Standing Extension

• Stand in front of a stable surface with your feet shoulder width apart and balance on one leg.

• With one leg slightly bent slowly extend your hip.

• In a slow and controlled motion bring your left leg back to the starting position

• Repeat ______ times
• Do ___ sets of ____
• ______ times a ____
Single Leg Press

- Place your involved leg on the foot platform bent to a 90 degree angle

- Slowly push up with that leg on the leg press in a slow and controlled fashion

- Once your knees are almost completely straight stop

- Come back down to the starting position in a slow and controlled movement.

- Repeat ____ times
- Do ____ sets
- _____ times a ______
Leg Press

• Align both knees shoulder width apart and bent to a 90 degree angle.

• Slowly push up with both leg on the leg press in a slow and controlled fashion.

• Once your knees are almost completely straight stop and come back down to the starting position in a slow and controlled manner.

• Repeat ____ times
• Do ____ sets
• _____ times a _______
Monster Walks

• Sit and tie the theraband around your ankles so there is no slack when your feet are shoulder width apart.
• Stand up with your knees slightly bent, so that you are in a quarter squat position.
• Step out with your left leg.
• Then slowly and controlled bring your right leg towards your body so you end up having both feet be shoulder width apart.

• Go to the left ____feet.
• Repeat on the right _____feet.
• Repeat on the right _____feet.
• Repeat ______times
• Do ___ sets
• ______times a ____
Seated Hip Flexion

• Sit at the edge of a table or chair with your knees bent and off the ground.

• Holding the front of the table, bring one knee up towards the ceiling 10-12 inches.

• Slowly lower your leg to the starting position.
• Repeat on the other side.

• Repeat ______ times
• Do ___ sets
• ______ times a _____
Straight Leg Raise

• Lie on your back with your opposite knee bent.

• Keep your leg straight and your toes pointed up towards your nose.

• Bring your leg up to the height of the bent leg.

• Hold for 2 seconds.

• Slowly lower your leg back down to the table.

• Repeat ____ times
• Do ____ sets
• _____ times a ________
Side Lying Abduction

• Lie on your side with your bottom leg bent and your top leg straight.

• Bring your top leg backwards so that your thigh is slightly extended.

• Slowly raise your top leg, keeping your leg straight.

• Once the leg is raised ~12 inches hold it there for 2 seconds.

• Slowly lower your leg to the starting position.

• Repeat _____ x.
• Do _____ sets.
• ____x a ______.
Standing Abduction

• Stand in front of a stable surface with your feet shoulder width apart and balance on one leg.

• With your ____ leg straight slowly bring your leg out to the side, away from your body.

• In a slow and controlled motion bring your ____ leg back to the starting position

• Repeat on the opposite side

• Repeat ____ times
• Do ____ sets
• _____ times a _______
Unilateral Step Downs

• Stand with feet shoulder width apart.

• Bring your uninvolved leg forward and point your toes toward the ceiling.

• In a slow and controlled movement squat down with the involved leg until the uninvolved heel touches the ground.

• Then slowly extend your knee keeping your pelvis stable until you come back to starting position.

• Repeat ____ times
• Do ____ sets
• _____ times a _______
Single Leg Squat on Ramp

• Stand with the involved leg on an incline with your pelvis level.

• The uninvolved leg should be straight and flexed slightly forward with the toes flexed towards the ceiling.

• In a slow and controlled movement squat down with the involved leg until the uninvolved heel touches the ground.

• Then slowly extend your knee keeping your pelvis stable until you come back to starting position.

• Repeat ____ times
• Do ____ sets
• _____ times a _______
Reciprocal Step Up

• Holding _____lb weights, place your involved leg on a ____ inch step.
• Step up and balance on your ____ leg while your ____ leg and ____ arm move in sync to a flexed position.
• Slowly return to the starting position in a controlled fashion, ensuring that your ____ knee does not buckle in or out as you return to the ground.

• Repeat ____ times
• Do ____ sets
• _____ times a _______
Tandem Stand

• Stand with the heel of your ___ foot touching the toes of our ___ foot.
• Hold this position for ______ seconds
• Repeat _____ times a _______
Hamstring Stretch

• Lie on your back and place a belt or a towel around your foot.
• Your opposite leg should remain flat on floor at all times.
• Keeping your knee straight, slowly raise your leg off the ground, until a strong but comfortable stretch is felt in the back of the thigh.
• Do not arch your back as you hold this position.
• Hold for ___ seconds.
• Repeat ___ times. Do ___ sets at least ___ x a ____
Hip Flexor Stretch

• Lie on your back at the edge of a bed or table, with your knee flexed into your chest.
• Your opposite leg should be off the table and relaxed.
• You should feel a strong but comfortable stretch in the front of the leg hanging off the table.
• Hold for 60 seconds. Repeat 3 times.
• Lie on your back with your leg straight.
• Bring the leg up and across your body.
• Hold this position once you feel a strong but comfortable stretch in your buttock region.
• Hold for ___ seconds. Repeat ___ times.
ITB Stretch

• Lie on your back and cross your ___ leg over your ___.
• Secure a towel or a belt around your ____ ankle
• Gently pull your ankle across midline until a strong but comfortable stretch is felt in the ____ hip/thigh.
• Hold for ______
• Repeat ___ times. Do __ sets at least __x a ___.

[Image of a person lying on a table with a towel strap around their ankle and leg crossed over their waist]
Piriformis Stretch

• Lying on your back pull with your right knee flexed.
• Bring your right knee up and across your body as if you were trying to bring it towards your left shoulder.
• Once you feel a strong but comfortable stretch, hold for ____ seconds.
• Repeat ___ times. Do __ sets at least ___x a ____.
• Lie on your back with a chair underneath your legs with your hips and knees flexed to a 90-degree angle.
• Extend your knee towards the ceiling with your toes pointed down toward the ground.
• Then as you flex your knee back down to the chair, point your toes up towards you nose.
• Hold for ______
• Repeat ___ times. Do __ sets at least __x a ___
Prayer Stretch

• With your buttock region touching the heels of your feet slowly lean forward.
• Reach out with both hands, while keeping your butt anchored to your heels until a strong but comfortable stretch in back and buttock region is felt
• Hold for ____
• Repeat ___ times. Do __ sets at least ___x a ___.

*NISMAT*