

80 Short Groin

Stretches:

Short Hip Adductors,
Lateral Hip

Action:

- Sit on bolster (optional)
- Grasp ankles
- Lean forward, back straight Push knees towards floor
- Hold the stretch



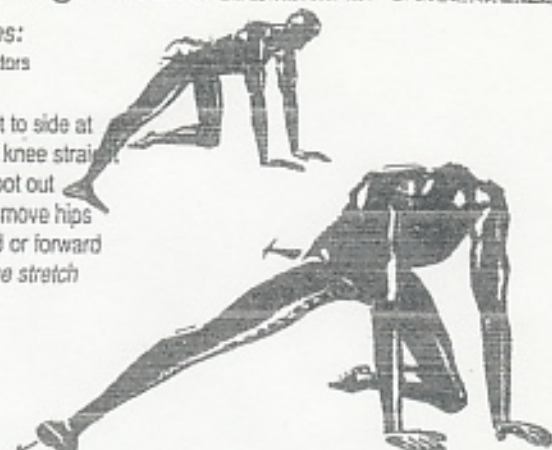
81 Long Groin

Stretches:

Hip Adductors

Action:

- Leg out to side at hip level, knee straight
- Slide foot out
- Slowly move hips backward or forward
- Hold the stretch



82 Quads-Kneel

Stretches:

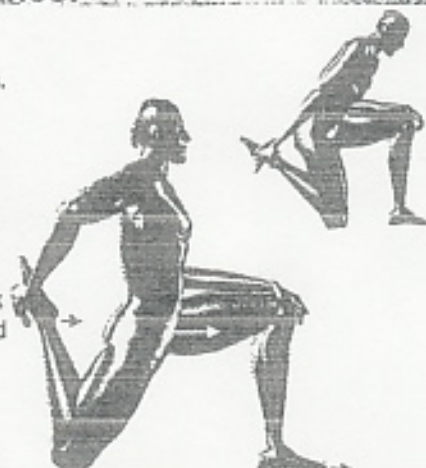
Rectus Femoris, Quadriceps,
Ilio-Psoas

Cautions: Knee

Precautions: Use cushion

Action:

- Reach behind & grasp foot
- Bring hips forward
- Pull foot toward buttock
- Move front foot forward
- Hold the stretch



83 Quads Side Lie

Stretches:

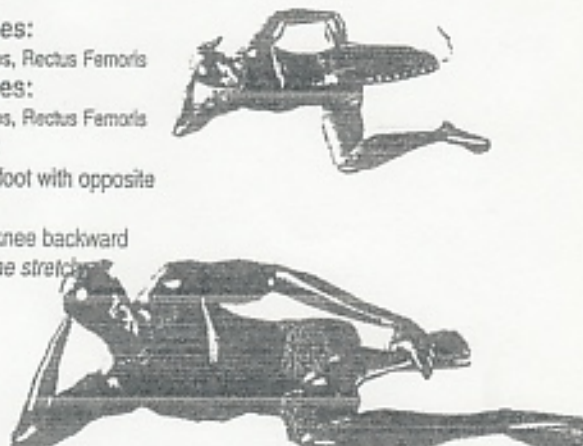
Quadriceps, Rectus Femoris

Stretches:

Quadriceps, Rectus Femoris

Action:

- Clasp foot with opposite hand
- Draw knee backward
- Hold the stretch



84 Quads Stand

Stretches:

Quadriceps, Rectus Femoris

Action:

- Clasp foot with opposite hand
- Draw knee backward
- Hold the stretch



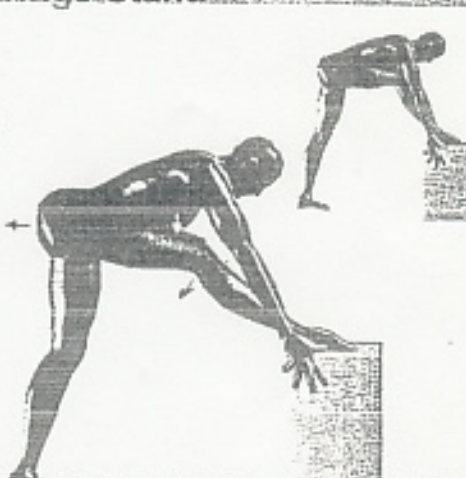
85 Hamstrings Stand

Stretches:

Hamstrings

Action:

- Hips face forward
- Chest on thigh
- Move hips back
- Knee straightens
- Hold the stretch



86 Hamstrings - sit

Stretches:

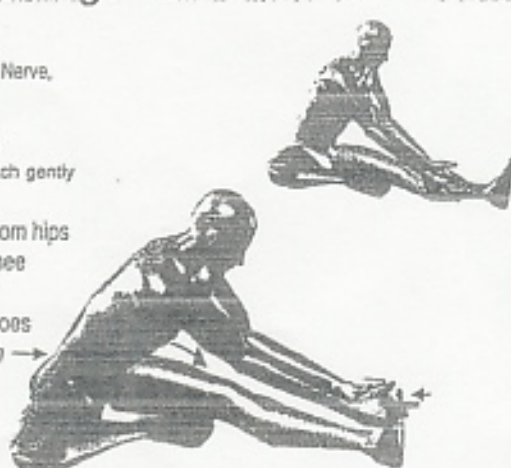
Hamstrings, Sciatic Nerve,
Gluteus Maximus,
Gastrocnemius

Cautions: Sciatica

Precautions: Stretch gently

Action:

- Lean forward from hips
- Keep back & knee straight
- Reach toward toes
- Hold the stretch



87 Hamstrings lying

Stretches:

Hamstring, Sciatic Nerve,
Gluteus Maximus,
Gastrocnemius

Cautions: Sciatica

Precautions: Stretch gently

Action:

- Draw leg toward chest
- Straighten leg
- Bend foot toward you
- Hold the stretch

