

**➤ Calf wall stretch (1x30")**

*Straight knee:* Stand facing a wall with the leg to be stretched out straight behind you. Keep toes pointing straight and heels down. Bend front knee and lean forward into the wall until a stretch is felt in your calf. Hold for 30 seconds and complete on each leg.

*Bent knee:* Stand facing a wall with feet slightly closer together and both knees bent. Keep toes pointing straight and heels down. Lean forward into the wall until a stretch is felt in your calf close to your ankle. Hold for 30 seconds and complete on each leg.



**➤ Hamstring stretch (1x30")**

Sit in good upright posture on the edge of a couch, bench, or bed. Tighten your quad muscle on the top of your thigh. Lean forward from your waist without slouching. Use your hands to press gently on the top of your thigh to help keep your knee straight. Hold for 30 seconds and complete on each leg.



**➤ Side-lying quadriceps stretch (1x30")**

Lie on your left side. Bend knees up towards your chest. Keep your trunk stable and reach your left ankle back and grasp it with your right hand. Without arching your low back, gently pull your thigh backwards. Hold for 30 seconds and complete on each leg.



**➤ Kneeling hip flexor stretch (1x30")**

In a half kneeling position (with one leg in front of the other), complete a posterior pelvic tilt by attempting to tuck your glutes under you and flatten out your low back. Gently draw your abdominals up and in until a stretch is felt in the thigh you are kneeling on. Hold for 30 seconds and complete on each leg.



**➤ Kneeling IT-band stretch (1x30")**

In a half kneeling position (with one leg in front of the other), complete a posterior pelvic tilt by attempting to tuck your glutes under you and flatten out your low back. Gently draw your abdominals up and in until a stretch is felt in the thigh you are kneeling on. Reach the arm of your down knee over your head and lean to the side. Hold for 30 seconds and complete on each leg.



**➤ Cross body IT-band stretch (1x30")**

Lie on your back with a dog leash, rope, bed sheet, or robe tie around your involved foot. Gently pull leg up and across your body until a stretch is felt on the outside or back of your hip or thigh. Hold for 30 seconds and complete on each leg.



**Doorway chest stretch (1x30")**

Keep your body in a good upright posture with chin slightly tucked. Start with your arms at shoulder height and elbows bent. Stagger your feet and gently lean forward until a stretch is felt ideally in the front of your chest. Hold for 30 seconds.



**Piriformis stretch (1x30")**

Lie on your back with one leg crossed over the other and your ankle resting on your other knee. Gently pull your legs up towards your chest by placing both hands on the back of the bottom leg (one hand should reach through your legs). Relax your head/neck downwards. Hold for 30 seconds and complete on each leg.



\* If you have a "problem area", increase your hold time to 45 seconds-1 minute or complete 3 repetitions. \*

**Trigger Point Release: Improve mobility by releasing soft tissue restrictions**

**Calf**

**Foam Roll:** Start in long sitting with the back of your calves positioned on the foam roller and your hands on the floor. Cross one leg over the other at the ankles to increase your leverage. Your body should be supported by your hands. Use your hands to roll the back calves up and down on the foam roller. Look for any sensitive spots and hold for 30 seconds.



**Tennis Ball:** Start seated with the ball under you calf. Roll the ball from the back of your ankle up to just before the back of your knee. You may roll your leg inwards or outwards to target other muscles. For advanced soft tissue release, pump your ankle up and down.



**Hamstring**

**Foam Roll:** Sit on the floor with the foam roll or tennis ball underneath one thigh. Use your arms and the other leg on the floor to support yourself. Roll from the start of the back of your knee to the start of your glutes. You can turn your leg inwards or outwards slightly to hit different hamstring muscles.



**Tennis Ball:** Sit up tall in a chair with the ball under the back of your thigh. Roll from the bottom of your hip bone to just above the back of your knee. You can rotate your leg inwards and outwards to target different muscles. For advanced soft tissue release, gently straighten and bend your knee.



**Hip flexor**

**Tennis Ball:** Lie on your stomach with a tennis or lacrosse ball positioned under your iliopsoas muscle (deep muscle between hip bone and ribs outside of belly button). Place the ball in a sensitive location and hold this spot for 10-20 seconds. Repeat for 2 minutes each side. You can complete this with your legs bent or straight depending on the amount of sensitivity. Make sure to breathe deeply. For advanced soft tissue release, slowly rotate a bent knee inwards and outwards.



**Quadriceps**

**Foam Roll or Tennis Ball:** Start face down with one thigh positioned on the foam roller (or ball) and the other leg bent out to the side on the floor. Your body should be supported by your forearms/elbows. Use your elbows to roll the front of your thigh up and down on the foam roller. For advanced soft tissue release, slowly straighten/bend your knee.



### Pecs

*Foam Roll:* Lie on your stomach with the roller positioned at a 45° angle under your chest and arm extended. Target the area just inside and downwards from your shoulder/collar bone. You can also roll further down towards the side of your arm pit to reach the pectoralis minor muscle.



*Tennis Ball:* Take a tennis or lacrosse ball and place it between your chest and the wall. Lean into the wall so ball pushes into chest. The ball should be positioned in a sensitive location. Gently tilt head away from the ball. Reach your arm gently backwards so palm is nearly facing the floor. Repeat for 2 minutes on each side.



### Piriformis & glutes

*Foam Roll:* Sit on the foam roller with one foot resting on the opposite knee. Lean towards the top leg so the glutes and outer aspect of the hip are positioned on the foam roller. Your body should be supported by your same side hand and opposite foot. Use your hands/foot to roll your glutes up and down on the foam roller. For advanced soft tissue release, pull your knee towards your opposite shoulder.



*Tennis Ball:* Lie on your back with a tennis ball positioned under your glute muscles. Roll ball around your glutes from the outside of you hip towards sacrum (the lower portion of your spine between your glutes).

