



Flexibility Program

1		Back Stretch. Lie on your back with both knees bent. Pull one or both knees up to your chest and hold for 6 seconds.
2		Hip Abductor Stretch. Stand with your feet together. Move your hips sideways, whilst your torso moves in the opposite direction. You will feel a stretch on the outside of your hip. Hold for 5 seconds. Place your hands on your hips or use a stationary object for support.
3		Tibial Band Stretch. Cross one leg over in front of the other leg. Bend the knee of the back leg slightly. Move your hips sideways towards the side with the bent knee. You will feel a stretch on the outside of the bent knee. Hold for 6 seconds.
4		Hamstring Stretch. Sit on the floor with your feet straight in front of you. Reach for your toes until you feel a stretch in the back of your thighs. Hold this position for 5 seconds.
5		Quad Stretch. Start facing a stationary object for support. Bend one knee as far as possible, reach back and grab the foot. Pull the foot towards your buttocks until you feel a stretch to the front of the thigh. Hold this position for 8 seconds. DO NOT ARCH YOUR BACK.
6		Heel Cord Stretch. Stand facing a stationary object with your feet apart and your toes turned in slightly. Place your hands on the object and lean forward until you feel a stretch in the calf of your leg. Hold for 5 seconds. DO NOT ALLOW YOUR HEELS TO COME OFF THE FLOOR.
7		Soleous Stretch. Assume same position as in heel cord stretch. Place one foot forward and bend both knees. Lean forward, keeping the heel of the front foot on the ground. You should feel a stretch in the lower calf of the front leg. Hold for 6 seconds.
8		Partial Sit up. Lie on your back, with both knees bent. Curl your head and shoulders upward, reaching for your knees with both hands. Stop when the tips of your shoulder blades leave the table and hold this position for 5 seconds.

