

Standing Hamstring Stretch

Place your heel on a step/stair/chair, and bring your toes towards you. While keeping your back straight, bend forward at the hips until you feel the stretch along the back of your leg.

Hold 30 seconds

3 reps

3 times a day



Standing Quad stretch

Stand behind a chair for balance. Place foot behind on a chair or bed. Stand up straight and even out your hips to feel a stretch in front of the thigh.

Hold 30 seconds

3 reps

3 times a day



Piriformis Stretch

In a seated position, cross one ankle over the opposite knee. Then gently lean forward to feel stretch along the back of the hip.

Hold 30 seconds

3 reps

3 times a day



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Bridge

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 30 times

Once a day

