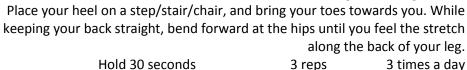
# Hampton Cove 256-539-0970 Henagar 256-657-3626



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## **Standing Hamstring Stretch**





### 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





## 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