Static Stretching/Flexibility Exercises

QUADRICEPS – Standing

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Preparation: 1. Stand as pictured, with 'tall' posture in optimal alignment, grasping one ankle. **Movement:** 1. Perform a posterior pelvic tilt while squeezing the glute of the stretching leg. 2. Hold for 20-30 seconds, repeat for 2-3 reps. (1)	

HAMSTRING – Straight leg standing static

Preparation: 1. Lift leg onto box, table or bench while maintaining a straight leg and a neutral spine. **Movement:** 1. Anteriorly tilt pelvis until first stretch is felt in the hamstrings, hold for 20-30 seconds, repeat for 2-3 reps. (1)	
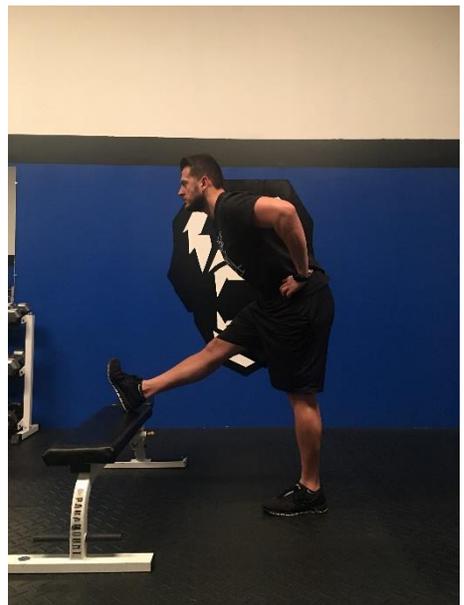
HIP FLEXOR – Kneeling

Preparation:
1. Kneel on one knee as pictured.
2. Slightly abduct and internally rotate the back leg.
Movement:
1. Draw your belly button inward (activating the deep abdominal stabilizing mechanism).
2. Tighten glutes and perform a posterior pelvic tilt.
3. Hold for 20-30 seconds, repeat for 2-3 reps.
4. Avoid arching low back!
5. Motion occurs predominately at the pelvis (posterior pelvic tilt), the back leg should not move. (1)

SIDE LYING – Rotational

Preparation:
1. Start in a supine lying position.
Movement:
1. Draw one leg into the chest at approx. 90° of flexion at the knee.
2. Bring leg across the other and rotate the lower body bringing the crossed over knee towards the floor and hold into the stretch with the hand as shown.
3. Keep both shoulder blades in contact with the floor.
4. Hold for 20-30 seconds, and repeat on the other side. (1)

PIRIFORMIS – Static using table

| **Preparation:**
1. Start in a supine lying position.
Movement:
1. Draw one leg into the chest at approx. 90° of flexion at the knee.
2. Bring leg across the other and rotate the lower body bringing the crossed over knee towards the floor and hold into the stretch with the hand as shown.
3. Keep both shoulder blades in contact with the floor.
4. Hold for 20-30 seconds, and repeat on the other side. (1) | |
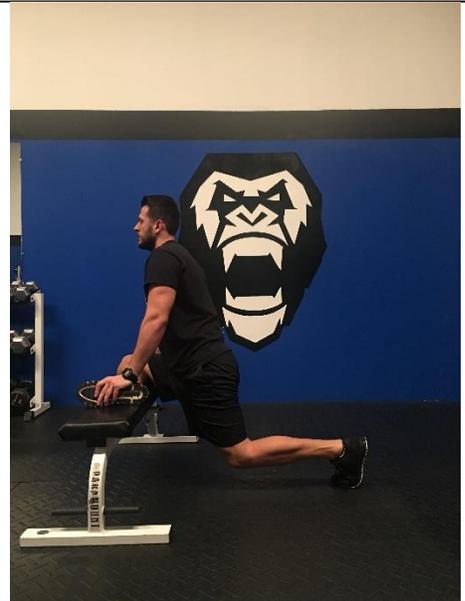
References

1. PT on the Net. Retrieved from https://www.ptonthenet.com/