

Hamstring – Straight Leg Internal Rotation Functional

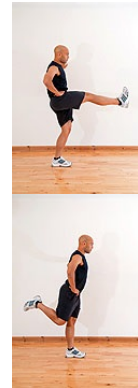
Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

Preparation

- Stand with knees unlocked.
- Hands on hips (this helps give feedback to know if pelvis is moving).

Movement

- Draw belly button in.
- Stand on one leg.
- Let other leg extend forward to hip level and straighten out.
- Pull leg back and let knee bend so heel hits glute.
- MAKE SURE PELVIS REMAINS STABLE, ONLY LEG SHOULD BE MOVING.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



Downward Facing Dog

Reps: 1 Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec

Preparation

- Start on your hands and knees with your hands directly underneath your shoulders.
- Be sure the fingers are facing straight ahead.

Movement

- Keeping your hands firmly in place, lift the knees off the floor.
- Drive the hips high into the air, extending the legs.
- Try to keep the heels on the floor (This is not imperative).
- Try to keep a straight line running from the arms, through the spine and through the tail bone.
- Straighten the legs as much as possible without letting the lower back round.
- It is acceptable to allow the heels to come off the floor as well as slightly bend the knees to keep the back in a straight line.
- Hold this position for 3 to 5 deep breaths.



Tensor Fascia Latae – Standing

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

Preparation

- Start in a standing staggered stance
- Position back leg in external rotation.

Movement

- Transversus abdominus activation should be maintained prior to and throughout the stretch
- While activating same side glute perform a posterior tilt (flatten back) while maintaining an erect posture
- To enhance the stretch, reach same side arm up and over
- It is important not to deviate forward or backward while reaching up and over
- Pelvis should be 'tucked under' throughout stretch (posterior pelvic tilt). Range of motion should be determined by your control
- A posterior tilt, along with hip external rotation and activation of the gluteus maximus, allows for greater TFL isolation.



Calf – Straight Knee

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side

Preparation

- Stand near a wall or sturdy object.
- Bring one leg forward for support, use your upper body to lean against wall.
- Your outstretched leg should form one straight line.
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Movement

- Shift forward from the ankle joint until a stretch is felt in the calf.
- Hold for 20-30 seconds, repeat for 2-3 reps.



Hamstring - Track

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side

Preparation

- Start in a standing position with feet staggered and pointed straight ahead.
- Slowly squat down in a sprinter stance.

Movement

- Draw your belly button inward.
- Slowly rise up out of squat position until a stretch is felt on the forward leg.
- Hold for 20-30 seconds, repeat for 2-3 reps.



Kneeling Hip Flexor

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side

Preparation

- Begin with one leg in a kneeling position and the other leg bent at a 90° angle.
- Position the back leg in internal rotation.

Movement

- Draw your belly button inward.
- Squeeze your buttocks while rotating pelvis posteriorly.
- Slowly, move your body forward until a mild tension is achieved in the front of the hip being stretched.
- Next raise your stretch side arm up and over to the opposite side, while maintaining pelvis position.
- Hold side bend position and slowly rotate towards back leg.
- Hold stretch for a minimum of 20 seconds.



King Pigeon Pose

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side

Preparation

- Begin in a runner's lunge position with both hands on the floor on both sides of the front foot.

Movement

- Keep the trailing leg straight while drawing the front leg behind the left arm and hand.
- The shin of the right leg should be facing forward.
- The foot of the right leg should be out at a 90° position.
- Gently allow the hips to come to the floor without allowing any twisting (transverse) movement in the hips.
- Keep the torso as erect as possible.
- Bring the hands back by the right foot so that the torso is directly over the hips.
- Hold this position for 3-6 breaths.
- Repeat the entire movement for the opposite leg.



Erector Spinae – Cross Leg

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side



Preparation

- Lie supine on ground with left leg straight out, and right leg bent and crossed over left side as shown.

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Movement

- Draw your belly button inward.
- Slowly use your left arm against your right crossed leg to apply pressure to the point of tension.
- Hold for 20-30 seconds, repeat for 2-3 reps.

Lat - Kneeling

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side



Preparation

- Position client in kneeling position as pictured.

Movement

- With one arm at a time, reach out, turn palm down (externally rotate the shoulder), push the lower back up (lumbar flexion).
- When first resistance barrier is felt, hold for 20-30 seconds.
- Repeat for 2-3 repetitions then switch arms.

Hip Flexor – Lying

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec /side



Preparation

- Lie on your side.
- Bring lower leg forward into triple flexion and grasp the ankle of top leg as shown.

Movement

- Draw your belly button inward (activating the deep abdominal stabilising mechanism).
 - Tighten glutes and perform a posterior pelvic tilt.
 - Hold for 20-30 seconds, repeat for 2-3 reps.
 - Explore different hip positions to find specific 'tight spots'.
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