HIP / KNEE - 36 Stretching: Tensor

Cross uninvolved leg over the involved leg, then lean away from the involved side. Hold ___ seconds.

Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull heel toward buttock until stretch is felt in front of thigh. Hold ___ seconds.

Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 66 Stretching: Piriformis (Supine)

Pull knee toward opposite shoulder. Hold ___ seconds. Relax.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band

Cross involved leg behind other leg. Bend at waist, reaching toward floor. Hold ___ seconds. Relax.

Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold ___ seconds.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.