

Stretch Routine

Standing

1. **Neck** – tilt head to R, use R hand to stretch muscles on L side of neck; switch sides
2. **Lats** – reach straight R arm across body using L hand to hold R elbow; could feel some stretch in pecs, the goal is to feel the stretch in high back/shoulder on L side; switch sides
3. **Shoulders** – clasp hands behind back at waist; leave arms straight and raise clasped hands; okay to bend at waist; no switch
4. **Quad** – while standing on straight R leg, grab L ankle with L hand while keeping L knee below hip; point L toe downward for additional stretch; switch sides
5. **Hip pop** – *IT-band*; place R leg over L keeping both mostly straight; “pop” L hip out to the L and bend toward the R; switch sides
6. **Horse stretch** – *peroneal tendons*; spread legs to the sides and turn both feet so toes are pointing inward; reach both hands trying to “cup” your L heel; switch sides

Prone

7. **Runner’s stretch** – *hip*; from push-up position, bring R knee and foot between arms and hands; lunge forward to feel stretch in L hip; switch sides
8. **Prone calf stretch** – from push-up position, keep L foot on the ground and set R foot on L ankle; push L heel toward ground raising hips and keeping L leg straight; switch sides
9. **Diablo** – *hip*; from kneeling, place R knee forward and R foot on ground; keep hips perpendicular to R leg and lean forward to stretch L hip; create additional stretch by using L hand to lift L foot off ground; switch sides

Seated

10. **Pretzel** – *lower back*; leave L leg straight on ground; cross and bend R leg above L; “hook” L elbow at R knee and twist upper body, pivoting at waist; switch sides
11. **Figure 4** – *hamstring*
12. **Butterfly** – *adductor*
13. **Piriformis** – start with legs in Pretzel position then lay on your back; leg the L leg bend and pull the L knee toward your torso while pushing the R foot away; the stretch should be high on the outside of the leg and into the butt; switch sides
14. **Push/pull** – with both legs straight in front of you, use L foot bottom to push against R foot top, pulling R toes toward R shin; push and pull, back and forth for duration of stretch; switch sides

Aided

15. **Curb calf** – everyone’s favorite calf stretch; find a curb or a wall to push against
16. **Wall calf** – stand arm’s length from a wall; keep L heel on ground and push L knee toward the corner made by the wall and the ground; push UP against the wall for additional leverage; switch sides
17. **Foam rollers** – use foam rollers to stretch IT bands; back and forth 10 times; stretch any other areas of concern