ALL STRETCHES SHOULD BE PERFORMED 2 – 3 TIMES PER SIDE, HOLDING AT LEAST 20 – 30 SECONDS EACH TIME (UP TO 1 MIN). ALWAYS STRETCH IMMEDIATELY AFTER EXERCISE!!!
10. Upper Gluteals

Laying on your back, grab the bottom of the foot/ankle with your opposite hand while stabilizing the knee with the same hand. Keep your hip and knee flexed to 90 degrees. Rotate the hip externally by pulling the ankle superiorly toward your head using your knee to fulcrum. This is done by using your hand to push the knee inferiorly toward your opposite foot. Once this stretch is felt, pull ENTIRE leg toward you (flexing the hip toward your chest). For an additional stretch, push your knee across your chest while stretching Hold an easy stretch for 20 seconds or a tighter stretch for 30-60 seconds if doing a developmental stretch. Do both sides.

11. Adductors

Stretches the Adductors: Start in seated position with knees bent and soles of feet approximated. Grab ankles with both hands and press downward onto knees with your elbows to increase stretch on the Adductors. Be sure to maintain a straight mid and lower back and keeping your chest up. Hold an easy stretch for 20 seconds or a tighter stretch for 30-60 seconds if doing a developmental stretch. Do both sides.

12. Prayer Stretch

Used to gently stretch the lower back
Start on your hands and knees, with arms stretched out in front of you. Extend your hips backward and move your face close to the floor. Try to touch your buttocks to heels. Hold for 10 seconds and return to starting position. Repeat previous steps 5 times.


There are 2 primary muscles that make up the calves, both of which are stretched differently. The Gastrocnemius is stretched when the knee is extended. The Soleus is stretched when the knee is bent.
Start by placing your heel as close to a vertical surface as you can with the knee EXTENDED. Then slowly move the lower leg closer to wall as the ankle dorsiflexes further and stretches the Gastrocnemius.
Hold an easy stretch for 20 seconds or a deeper stretch for 30-60 seconds if doing a developmental stretch. Do both sides.
Repeat with the knee FLEXED. Then slowly move the lower leg closer to wall as the ankle dorsiflexes further and stretches the Soleus. Be sure to maintain knee flexion.
Hold an easy stretch for 20 seconds or a deeper stretch for 30-60 seconds if doing a developmental stretch. Do both sides.
For Posterior/Medial Shin Splints: with the knee FLEXED, move the lower leg closer to wall as the ankle dorsiflexes further and then bring your knee inward. As you do this, the foot will revert and dorsiflex – this stretches the Tibialis Posterior.

14. Quadriceps

Stretches the Quadriceps. Start standing on one leg, grasping the ankle of the target leg with your hand. You may use a wall for balance. Be sure that the knee of the supporting leg is not fully extended. Prior to flexing the knee further, rotate your pelvis upwards to place an emphasis onto the Quadriceps. This can be done very easily by contracting your gluteals (although it should be done with your CORE abdominals).
Once you feel the tension onto the Quadriceps, accentuate the stretch by pulling the ankle closer to your buttocks. Be sure NOT to bend forward at the waist when performing this stretch.
Hold an easy stretch for 20 seconds or a deeper stretch for 30-60 seconds if doing a developmental stretch. Do both sides.
NOTE: This stretch can also be done SIDE-LYING (like picture in #8 – Mid Iliotibial Band).

15. Quadratus Lumborum

START

In the hands and knees position, reach forward with both hands. For added stretch, reach the right hand and grasp a secure object.
From this position sit back diagonally toward the right buttocks, elongating the right side. The right arm may be internally rotated to increase the stretch. If you are not grasping an object, simply walk your hands over to the left side, feeling the right side to begin stretching.
Work on elongation of the right side by dropping the pelvis further diagonally backward and toward the hip. Hold for 30-60 seconds. Repeat on opposite side.

16. Gluteus Maximus

Lying on your back, pull knee to chest with opposite hand. Concentrating on feeling a stretch on the gluteals, pull knee towards opposite shoulder until stretch is felt. Try to push your hip toward the ground as you pull the knee to the opposite shoulder. Be sure NOT to allow the pelvis to rotate or the low back to rotate away from the floor. This will place undue stress onto the lower back. Hold for 30 – 60 seconds and repeat on other side.

17. Piriformis / Ext. Hip Rotators

Follow the same stretching instructions as #10 (Upper Gluteal Stretch) with the exception that you DO NOT allow the knee to approximate toward your chest. If you allow the hip to flex toward your chest, you are doing an upper gluteal stretch and NOT a Piriformis stretch!!
Hold an easy stretch for 20 seconds or a deeper stretch for 30-60 seconds if doing a developmental stretch. Do both sides.

All stretches should be performed 2 – 3 times per side, holding at least 20 – 30 seconds each time (up to 1 min). ALWAYS STRETCH IMMEDIATELY AFTER EXERCISE!!!