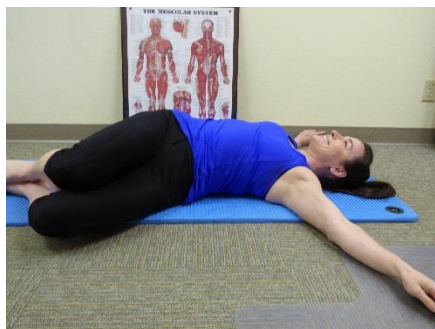


# Active Health Solutions

## Stretches – Lower Body



### Lower Back- Lumbar Rotators

Keeping back flat and feet together, rotate knees to one side.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

Repeat on opposite side.



### Lower Back- Extensors/Gluteal

Bring both knees to chest and hold. For more stretch, bring head to knees and hold.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.



### Upper Back- Upper and Mid Extensors

Slide hands forward and buttocks back.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.



### Hip Oblique- External Rotators

With left leg over right, bring right arm over the left leg. Push left leg across body until stretch is felt. Turn head over left shoulder.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

Repeat with opposite leg.



### **Hip Rotator- Figure 4 Stretch**

With your feet on the wall and knees bent to 90° cross one ankle over the other knee. Lift the heel of the foot on the wall, and feel the stretch through the hamstring. Deepen the stretch by returning your heel to the wall and pressing the knee (the one that is crossed) away with your hand.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.



### **Hamstrings- Head to Knee**

Reach with both hands toward ankle, keeping back straight.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

Repeat with opposite leg.



### **Hamstrings- Supported**

Lay on your back in a doorway and put one leg straight up in doorway, or use a strap to pull straight leg into a stretch.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

Repeat with opposite leg.



### **Hamstrings- Knee to Chest**

Gently pull knee to chest until stretch is felt.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

Repeat with opposite leg.