Calf Stretch Standing - Runners Stretch

1. Using a chair or something sturdy for balance, stand with one foot directly behind you and one in front like a lunge position.
2. Keeping your back heel down and your foot facing forward, keep your back leg straight and bend your front knee forward until you feel a stretch in your back leg. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=7P81LL4Vws4

Standing Quad Stretch

1. Hold onto something sturdy like a chair or counter top, and grab your foot behind you bending at the knee.
2. Pull your foot towards your buttocks, and bring your knee slightly behind you. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

**If you can't grab your foot, you can use a belt or stretch strap to pull your foot up.**

Video: hepbuilder.com/v.php?y=9nnqmB6RSyU

Tall Kneeling Hamstring Stretch

1. Start in tall kneeling on your knees. Bring the leg you want to stretch out in front of you.
2. Pull up your toes, keep your back straight, and lean forward at your hips until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day

**IT Band Stretch - Standing**

1. Standing straight up, cross the leg you want to stretch behind you.
2. Keeping your legs straight, bend down towards the floor until you feel a stretch.

   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day


**IT Band Stretch Supine with Strap**

1. Lie on your back. Using a strap or belt, wrap it around your foot, and pull your leg up keeping your knee locked out straight.
2. When it starts to feel tight, pull your leg across your body until you feel a stretch on the outside of your leg. Hold the stretch.

   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

   Video: [hepbuilder.com/v.php?y=25FY405g3PE](hepbuilder.com/v.php?y=25FY405g3PE)

**Glute Figure 4 Stretch**

1. Sit on the floor or bed with your knees bent up. Cross the leg you want to stretch over the other with the ankle at the top of the knee in a figure 4.
2. Lean forward until you feel a stretch. Hold the stretch.

   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

   Video: [hepbuilder.com/v.php?y=TG9rYSnMKlc](hepbuilder.com/v.php?y=TG9rYSnMKlc)

**Seated Piriformis Stretch with Knee to Opposite Shoulder**

1. In a seated position, cross the leg you want to stretch over the other leg with the ankle on the knee. Grab the knee of the side you want to stretch with the opposite hand.
2. Pull it up and across your body towards the opposite shoulder.

   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

**Hip Flexor Stretch Lunge Position**

1. Start in tall kneeling with both knees on the ground. Use a pillow under your knee for protection if you would like. Keep the knee of the side you want to stretch on the floor. Bring the other leg forward putting your foot on the floor in a lunge position.

2. Keeping your back straight and upright, tuck in your tailbone and lean forward until you feel a stretch. Hold the stretch.

   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=3gwJslxvnd0

**Bridging with Ball Squeeze**

1. Lying down on your back with your knees propped up. Place a ball or pillow between your knees.

2. Squeeze the ball with your knees for some resistance, and at the same time, come up into a bridge. Slowly come back down.

   Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=np7EhGfeHVs

**Hip Adduction in Sidelying**

1. Lie on your side with the leg you want to exercise on the floor or bed. The top leg can be bent in front or behind the other leg. Keeping your hips perpendicular to the floor or bed and your body in a straight line, pull your toes up toward you to lock out your knee.

2. Lift your leg towards the ceiling about 4-6 inches, and slowly come back down.

   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=fJOyrKGEy7Q
Clamshell in Sidelying

1. Lie on your side with your knees bent forward where your heels are aligned with your body.
2. Keeping your body perpendicular with the floor or bed, and not rotating your hips, lift the top knee towards the ceiling, keeping your feet together. Slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=Gj_gwbQCMr8

Standing Hip Abduction with Resistive Band

1. Wrap a resistive band around your ankle and anchor the other end of the band on the opposite side of the leg you are exercising.
2. Keeping your back straight and upright, lock out your knee to keep your leg straight. Slowly kick your leg out to the side, and come back.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=n5eZKkC3mJk

VMO Squats with Ball Squeeze

1. While standing, place a ball between your knees.
2. Squeeze the ball with your knees, and at the same time do a squat by sticking your bottom back and keeping your knees behind your toes.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=t-e_7cO0lHo

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.